

Information Packet

Teaching Children's Yoga



Introduction

Gain the confidence and skills to teach yoga to children ages 3 to 12.



Yoga Ed.'s "Teaching Children's Yoga" Online Course is designed for individuals who want to learn how to teach yoga to children. Through this course, you will learn the theory and science behind the physical, cognitive, emotional, and social benefits of yoga for children.

You will gain the confidence to lesson plan for your students through ample opportunities to embody and practice teaching yoga breathing, postures, games, and relaxation exercises throughout the course.

Upon completion of our course, you will be fully equipped with the knowledge and tools to help children build a lifetime of health and wellness through the practice of yoga.

Focus: Ages 3 to 12 / Grades Pre-K to 5th



In This Course You Will...

- ~ Understand children's physical, mental, emotional, and social development
- ~ Teach from a lens of social emotional learning and brain based learning
- ~ Know the benefits of yoga for children
- ~ Embody the Yoga Ed. teaching philosophies
- ~ Design and develop lesson plans appropriate to the age group you are teaching
- ~ Create yoga classes to fulfill the National PE Standards
- ~ Effectively utilize yoga tools in the classroom to meet your student's needs
- ~ Teach yoga to children ages 3 to 12, Pre-K through 5th grade



Did you know?

Studies have shown that Yoga Ed. programs can improve focus & attention.



What's Involved



This training brings together the best of both worlds in self-paced and instructor-guided learning. You can complete the course on your own time, at your own pace, so that you can choose when to start and when to finish. And you'll still have the support of our experienced course instructors and peer-to-peer interaction along the way.

What's Included



You'll get access to the following materials on the online platform for 1-year with optional renewal:

- ~ **8 online modules**, with interactive video lectures, experiential activities, reflection questions, and practice teaching opportunities
- ~ **140 yoga and mindfulness practices**, including breathing exercises, poses, brain breaks, and relaxation
- ~ **12 optional community gatherings** over the course of 1 year, hosted each month by course instructors to dive more deeply into topics of interest and ask any questions you may have. The gathering will take place on the 2nd Thursday of every month at 5:00pm Pacific | 8:00pm Eastern. Each gathering will be one hour long. They are optional and will be recorded for you to watch on your own time.
- ~ **Personalized instructor feedback** on your final project

PLUS lifetime access to:

- ~ **Downloadable 350-page curriculum** with full instructions for all yoga postures, breathing exercises, and relaxation techniques
- ~ **Downloadable 72 pre-made lesson plans**
- ~ **A private community group** of all Yoga Ed. training graduates, for ongoing peer guidance, support, and connections
- ~ **Certificate** upon completing course requirements, eligible for Continuing Education Units (CEUs)

To receive your certificate of completion, simply complete the following:

-  **Complete all lessons.**
-  **Complete and pass a final project.** The final project is the culmination of everything you've learned where you will film yourself teaching a yoga sequence for children.

What Students Are Saying

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I recently engaged in a course from Yoga Ed. that taught me how to properly teach children about mindfulness practices and yoga! **What I love most about the course is how easy it is to follow and you can go at your own pace.**

Meleah C., Teacher

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Wow wow wow!! **Very thorough and so much material that can be immediately implemented.** As a former primary school teacher, now a children's yoga instructor, I especially appreciate the focus on inquiry based learning and self reflection.

Laurel Warager

“



I loved everything about this course and the program in general: the content and the platform is well-organized and easy to follow, the instructor support staff are kind and knowledgeable, and the assignments are accessible and engaging.

Sophie Maranda

Save your seat today!



Tuition

Pay in Full: \$199

Interest-free payment plans available.
Includes course access for one year.

Please visit yogaed.com to register.

