

CHILDREN'S YOGA TEACHER TRAINING MODULE

PROSPECTUS



This module accrues CPD points at 1 point per hour of the course attended

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Scottish Charity Number SCO47418
Governing Body for Yoga in Scotland

sportscotland

AIMS

The aim of this module is to equip qualified yoga teachers to teach children in a safe, fun, inclusive and age appropriate way. The module will look at teaching to a range of age groups including nursery, primary and secondary school youngsters within the legislative framework governing the teaching of children.

COURSE OVERVIEW

Over a 3 day residential weekend and 2 training days, including an assessment day, you will learn how to plan for and teach yoga to children and youngsters safely, appropriately and creatively. This will be achieved through yoga postures, games and relaxations. You will also learn about class management, how to introduce 'light touch' yoga philosophy and gain an understanding of the important legislation governing teaching children and class administration.

It is a practical course where you will take part in children's yoga sessions, class planning in groups, including some role play, and allowing your creativity to flow. During the course, you will gain practical knowledge and experience and gain an appreciation of how to bring the benefits of yoga to children in a fun, safe and age appropriate way. You will also experience teaching a live class of children on the assessment day.

TUTORS:

The course tutors are Sandra Cook & Rona Main, both with extensive adult and children's yoga teaching and tutoring experience and working together. For more information on Rona & Sandra, please see the Tutor Profiles section.

DATES & DURATION:

The module involves **38** contact hours over a 3 day residential weekend, 2 full training days and an assessment day. There will also be opportunities for self study and a requirement to submit written assessments including a final class plan. Total self study & assessment time is estimated between **12 – 17** hours duration bringing the sum of the contact and non-contact hours of the whole module to a range of **50 – 55 hours in total**.

2019	Approx Contact Hours	2020	Approx. Contact Hours
3 Day Residential: Friday 1 November (from 2pm) - Sunday 3 November (4 pm finish)	23.5 The residential includes contact hours on Fri & Sat evenings	Training Day: Friday 17 January	6.5
		Training Day: Friday 21 February (Please note both Training Days are Fridays)	6.5
		Final Teaching Assessment Day: March date & time TBC To be held during the school day or an after-school class.	1.5 (excluding travel time)

VENUES:

- Residential: Low Port Centre, 1 Blackness Road, Linlithgow, EH49 7HZ
Accommodation & meals are provided
- Training Days: Linlithgow Burgh Halls (to be confirmed), The Cross, Linlithgow, EH49 7AH
The venue stipulates that we can't bring in our own food, however you can purchase lunch in the on-site cafe. We will organise lunch pre-orders once places on the course are confirmed.
- Assessment Day: In Aberdeen. Venue/school to be confirmed.

REQUIREMENTS:

1. Applicants must hold a Yoga Teacher Training Qualification, ideally around 500 hours.
2. Applicants must have a minimum of 2 years practical yoga teaching experience.
3. Participants must hold a Protecting Vulnerable Groups (PVG) disclosure check from Disclosure Scotland by the start of the course.
<https://www.mygov.scot/pvg-scheme/>
4. Participants must be insured to teach children by the start of the course.
5. Participants must have an up-to-date Emergency First Aid Certificate.
6. Participants must be able to attend all course days including their pre-arranged teaching slot on the Assessment Day.
7. Joining Yoga Scotland as a Teaching Member is recommended.
8. Once paid, fees are non-refundable.

Please note Disclosure Scotland charge for PVG applications and this must be arranged and paid for direct, as with Insurance, First Aid and if applicable, Yoga Scotland membership.

INTENDED LEARNING OUTCOMES

At the end of the course the teacher will be able to:

1. Navigate and understand the legislation governing teaching children
2. Class plan & teach creatively and safely for youngsters age 4 – 16
3. Teach children a variety of yoga asana using adapted posture names, yoga games and relaxation techniques, age appropriately
4. Use class management skills, age appropriately
5. Introduce aspects of yoga philosophy to children, age appropriately
6. Understand key anatomical aspects for teaching Yoga to children safely
7. Appreciate the many benefits and the rewards of teaching Yoga to children

ASSESSMENTS

In addition to the contact training days, there is a requirement to complete a short pre-course assignment (bullet lists or photos) and 2 x written assignments during the course (with a guide of approx 500 words). There will also be the opportunity for

some voluntary additional home study in the form of lesson planning research and practice.

The course will conclude with a Final Teaching Assessment in the form of an observed teaching practice of a pre-arranged live children's class in Aberdeen. You will lead a group of children through a planned 30 minute Yoga session, observed by both Tutors, culminating in feedback and a pass or a referral. Please note this will involve an additional day and travel. The observed teaching practice itself is estimated at 1.5 hours including teaching time, feedback time and set-up/tidy up. Please note, the Assessment Day is held in Aberdeen to allow the Course Tutors to arrange borrowed classes with contacts & schools that they have a working relationship with in their home city. On satisfactory completion of all assessments, students will receive a Course Certificate.

COST AND PAYMENT

The cost of the course is £595 for members or £635 for non-members which includes the residential training weekend including single accommodation and meals from Friday evening to Sunday lunchtime. Fees also include the cost of both training days and the assessment day, excluding travel and costs associated with a PVG application, insurance & first aid. Payment is made to Yoga Scotland.

COURSE MATERIALS

With the exception of writing materials, there are no specific mandatory course materials or text books, however participants will be recommended books and class resources during the course as optional extras to purchase or borrow if they wish.

COURSE CONTENT

- 1) Class Planning & Teaching Yoga to the following ages and groups
 - Nursery – Primary 1 (P1)
 - P1 – P3
 - P4 – P7
 - S1 – S6 (Secondary)
 - Special Needs
 - Family Yoga
 - Outdoor Yoga

Teaching will be done during the course in peer groups with role play and children will be taught in the Final Class Assessment.

- 2) Yoga Asana & Sequences, identifying posture names for youngsters, and how to adapt them for fun and including children of all abilities.
- 3) Yoga Philosophy with suggested tried and tested philosophical subjects appropriate for children and how to introduce these in class, with opportunities to bring in your own choice of philosophy.

- 4) Yoga Games & Tasks toolbox, with opportunities to plan or adapt your own games and methods for introducing yoga challenges, age appropriately.
- 5) Yoga Relaxations for youngsters – adapted from traditional techniques and methods of teaching them age appropriately.
- 6) Class management including the promotion of respect and good behaviour in class.
- 7) The Legislation governing the teaching of Yoga to children including Insurance, Health & Safety, Consents, Equality and Inclusion.
- 8) Class administration checklist for teaching Yoga to children including financial aspects.
- 9) Important anatomical points for teaching Yoga to children covering the specifics of different ages including methods for promoting good emotional and mental health.
- 10) Planning for teaching Yoga to children over the long term and how to adapt and manage, including building relationships with schools, local authorities and community groups.

Children's Yoga OGT Training Day

*Sandra & Rona will be running a Yoga Scotland Children's Yoga OGT Day on Saturday 7 September 2019 in Kirkcaldy. This OGT day can be attended as a stand alone training day or as a *non-mandatory* introduction if you are considering the Children's Teacher Training (TT) Module. Please note this OGT day is not a mandatory pre-requisite of the Children's TT Module, but you may find it a useful taster to help you decide to pursue the TT.*

TUTOR PROFILES

Sandra Cook

Sandra has been practicing Yoga since 1983 and trained with various teachers to qualify as a Hatha Yoga Instructor with Yoga Scotland in 2006. Sandra's first taste of Yoga was at the age of 8 which ignited her passion for teaching Yoga to children. She is a Yoga Scotland Foundation Course Tutor and a Diploma Course Tutor with the British Wheel of Yoga. Sandra teaches weekly classes in Schools, Universities and Businesses, including private tuition and hosts workshops and seminars locally and nationally. She brings light and fun into her Children's and Family Yoga classes, with a belief in the immediate benefits for children and to sew a seed for their futures. Sandra works with Rona on the Yoga Scotland Foundation Course in Aberdeen and is really looking forward to furthering the skills of Yoga Teachers on the Children's Teacher Training Module.

<http://www.myogayoga.com/>

Rona Main

Rona is a qualified Yoga Teacher with the British Wheel of Yoga and a Yoga Scotland Foundation Course Tutor. She trained to teach children with Michael Chissick of Yoga in Schools. Rona has been practicing Yoga for over 20 years with 12 years teaching experience of adults and children in London & Aberdeenshire. Rona is a Coach with Aberdeenshire Council's Active Schools teaching curricular and after-school Yoga in Primary & Secondary Schools and she teaches Family Yoga at events including the annual Techfest Festival in Aberdeen along with Sandra. Rona is really looking forward to Co-Tutoring the Yoga Scotland Children's Yoga Teacher Training Module, to bring a valuable skill to Teachers allowing them to discover the fun and rewards of teaching Yoga to Children as an area of growing demand in the Yoga profession.

<https://ronayoga.co.uk/>



Teaching Yoga to Children

By Rona Main & Sandra Cook

featured in Yoga Scotland Magazine, Spring 2019 Edition

Teaching Yoga to adults is rewarding. A real joy. Adults concentrate, do their best, try not to yawn - or at least have the grace to stifle it - and have no problem relaxing. Children however don't always listen, they interrupt, tell you stories, catch you out, yawn, belch or worse.

Teaching children calls for a different approach. Building fun is central to each class, through creative Yoga postures, sequences and games, and yes, that means being competitive at times. Having fun is balanced by rewarding good behaviour and creating a culture of respect for different abilities. Class must be safe and inclusive with positive reinforcement in language used. Specific legislation governing teaching children must be followed.

Children love creative expression in Yoga, so gently responding to their ideas by inventing new postures and picking up on their humour is part of the teaching repertoire. For example Rona's singing bowl is now called Trevor! The children listen to Trevor and capturing their imagination in relaxation is key. Calm, content children leaving class is the most rewarding outcome.

For children, the benefits of yoga are immediate - better physical, mental and emotional wellbeing. Breath awareness, increased ability to concentrate, experiencing relaxation and fostering kindness are all tools to help children navigate the world. From an early age youngsters are constantly being told to think about their future. In yoga they practice simply being present. Children benefit immediately from a stretch in Adho Mukha Svanasana, but also learn an important life skill to draw on in future years when life gets challenging. Seeds are sown for a future generation who will know what to find and where to turn to.

You can develop these teaching skills to use with family members or in schools, after-schools and community settings like family galas. Teaching children can also develop you as a great adult teacher. For example, teaching the Yamas and Niyamas in the simplest way is the biggest compliment you could pay Patanjali! Yes, different to teaching adults, but great fun and an area of growing demand with immeasurable rewarding benefits.

Yoga Scotland is delighted to announce a brand new training module: Teaching Yoga to Children with tutors Sandra Cook and Rona Main. This will be a 5 day assessed course for Yoga Teachers wishing to teach Youngsters aged 4 – 18. Launched in recognition of the welcome rise in demand for Children's Yoga and to spread the benefits of Yoga to young people.

The rewards of teaching Yoga to Children & Youngsters
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