**Yoga Alliance RCYT 95-Hour Children’s Yoga Teacher Training**

* Do you want to empower children and young people?
* Do you want to support children in becoming creative, open-minded, accepting, compassionate individuals?
* Do you see a need for social change in the world and in children’s individual lives?
* Do you want to create a safe space for children and teens to express their thoughts, feelings and ideas freely?
* Do you want to share essential tools with children and teens to self-regulate and heal themselves independently?

As an experienced early childhood educator, community worker, global traveller and a yoga instructor, Laura, founder of Divine Light Yoga can see and feel the fundamental need for all of the above. Laura has witnessed first-hand, the powerful healing effects and life-skills that yoga & mindfulness has on children from all backgrounds, experiences, languages, cultures, and religions. ​

Our trainings really are one of a kind. This Yoga Alliance Registered programme, combines **relevant educational philosophy and up-to-date research** with all elements of yoga, mindfulness and meditation, incorporating key teaching methodology and practices plus Laura's 20-years’ experience of working with children and families, so that you can confidently create, plan, lead and manage interactive, engaging and creative yoga classes that support and enhance the physical, emotional and mental health and well-being ofchildren, teens and families.

Our training program is divided into two modules, by completing both modules you will gain a certificate of completion of the Yoga Alliance Registered Children’s Yoga Teacher Training (RCYT 95-Hour) and you can start leading yoga for 3-18 year olds right away.

Module 1 consist of the fundamentals of Children’s Yoga, the foundation you need to share yoga, meditation, and mindfulness activities at home, in classrooms and your day-to-day work with children. It includes essential breathing techniques for self-regulation, yoga games to keep children engaged, therapeutic yoga practices for childhood anxiety and incorporating storytelling, play, music, dance and journaling into children & yoga.

In Module 2, you will dive deeper into teaching all aspects of yoga to children & teens, including teaching neurodiverse classes, challenging poses and inversions for teens, mandala art and moving meditations, yoga philosophy & Hindu Mythology for children.

Together, both modules will enrich your learning experience while giving you all the confidence, skills, and knowledgethat you need to thrive as a children's yoga and meditation teacher in any setting.

We provide you with all the **tools, techniques, and inspiration** that you need to develop your own individual, creative lessons to share with children of all ages and abilities. We are focused on providing a **holistic, nurturing environment** for children, combining elements of musical mantras, interactive storytelling, art, nature, movement and dance, group discussions and play to explore the principles and practices of yoga and mindfulness.

**Training Dates**

Module 1: 2 x mornings per week (8am – 12.30pm) / 2nd-27th May

Module 2: 2 x mornings per week (8am – 12.30pm) / 11th May – 29th June

**The Curriculum**

Through interactive, experiential activities, group discussions, individual assignments and daily practice teaching time, we will explore:

MODULE 1

* Techniques and activities to introduce breath-work that will support children's mental health and well-being during everyday experiences such as anxiety, sleep difficulties, overwhelm and hyper-activity.
* A range of classic and more creative, age-appropriate yoga poses and sequences, and how to teach this to each age group in an interactive and engaging way
* Safe practice when teaching yoga poses - what is developmental and age-appropriate and what to avoid
* Creative meditations, including visualisations and moving meditations so that you will confident to share a range of different meditation techniques to children aged 3-18 years old, tailored towards their needs
* Partner and group yoga fun for all ages, including mixed age-groups and family yoga
* Combining key Educational Philosophy and teaching methodology so that you can fully understand how children learn and how you can tailor your classes to their learning needs and styles
* Introducing yoga philosophy and practices to children of all ages, including the Chakra System (the energetic body), The 8 Limbs of Yoga, Yama and Niyama
* Behaviour management in the yoga class so that you can feel confident to manage a group of children, in a positive and playful manner that enhances their social and behaviour skills
* Planning & sequencing based on children's learning styles and behaviour patterns

MODULE 2

* Challenging poses for Teens & Tweens including arm balances, back bends and inversions (going upside down!)
* Meditation techniques for different age groups, abilities and needs, including effectively teaching moving meditations, visualisations, and Yoga Nidra
* A variety of traditional and alternative Mandala Art Meditations to support children to reflect and process difficult emotions and events in their lives
* Creative Mindfulness activities to enhance children's self-awareness and emotional intelligence
* Therapeutic and nurturing yoga techniques for children with Neurodiversity
* Understanding Autism, ADHD, communication difficulties and social-emotional difficulties and how to effectively use yoga for neurodiverse classes
* Interactive storytelling and yoga journeys for all age groups, including teaching Hindu Mythology through movement, relaxation, and visualisation
* Yoga and mindfulness games and activities for various age groups, abilities and interests
* Practical, hands-on experience of planning and leading children’s yoga classes
* The Business of Children’s Yoga, how to start and grow your children’s yoga classes, events, and business. You’ll with an action plan and motivation to start sharing yoga with children and teens in yoga studios, schools, afterschool clubs, community centres, online, one-to-one sessions and in homes.

**What you'll receive**

* A Yoga Alliance certification as a Registered Children's Yoga Teacher (RCYT 95-Hours)
* A lesson plan structure and formula for engaging holistic and well-rounded classes
* Lesson plans to use with different age-groups
* Guided meditation scripts for 3-18 years old and family yoga
* Access to our private online support community of Divine Light Yoga trained teachers across the world
* Online workshop and post-training videos, resources and coaching from Laura via our support community
* An exclusive 60-minute pre-training online workshop on Creating Visualisations for Children & Teens
* Knowledge, confidence, and new skills to start sharing yoga, meditation and mindfulness with children 3-18 years old.

**Testimonials**

“Laura's approach is creative, relevant, holistic, and fun. You will leave with a deeper appreciation of what children's yoga can look like and why it is so important! Laura is one of the most positive, knowledgeable and encouraging teachers I have ever met. Do it!" - Caroline, Primary School Teacher

"Laura has been incredibly supportive and clearly has a passion for sharing yoga with communities worldwide. I would definitely recommend this training, it has changed my life.". - Nikki, Primary School Teacher

"Laura is simply...changing the world, one child at a time! And I feel so lucky to have found the course, so I can do the same! " - Audrey, Parent

"A well thought out enriching program. Laura provides you with the skills and tools necessary for teaching the various age group of kids. You leave the Teacher Training feeling motivated, inspired and driven." - Rashita, Yoga Teacher

"Laura is an amazing and generous teacher who has so much knowledge to share, that I can only recommend her and her perfectly thought-out training. No hesitation, GO FOR IT !" - Marine, Health & Wellness Consultant

"Laura has a professional and thorough programme, with an approachable teaching style accessible to people from all backgrounds of work and with all ambitions of use for the course."- Naomi, Paediatric Doctor

"Laura is one of the most knowledgeable people I have ever come across in any field and exudes tons of passion for what she does." - Jessica, Yoga Teacher & Behaviour Specialist

"Laura was a wonderful teacher and was able to answer all questions asked of her. I left the training feelings empowered and confident that I could start my own business teaching yoga. " - Jess, Social Worker

"Laura has got all the qualities you look for in a teacher: Encouraging, experienced, compassionate, understanding, and most of all, her classes are very FUN!! Absolutely recommend this course to any mothers, teachers, caregivers.

I love how the course is designed, in such a creative and holistic way that I left bursting with ideas, inspiration, confidence, so ready to bring the beauty of yoga teachings into my children's life and my community" - Grace, Yoga Teacher and Parent

"Not only did I learn how to teach children's yoga, but it also gave me a new found confidence!"- Mel, Parent

"I cannot recommend Laura's Children's Yoga Training enough for somebody who has an interest in yoga and combining this with teaching children! I have taken away SO much from this training: knowledge, ideas, resources, as well as real, practical ways to implement these into my own school.

The programme was really well designed for maximum confidence building and covered so many different bases when working with children. Thank you so much Laura for an incredible, life-changing experience!" - Zoe, Primary School Teacher

"Laura made the course really interesting and fun! It really changed the way I view yoga and how I practice with my kids. Strongly recommend for everyone that is keen to explore yoga!" - Cassie, Parent

## “The training was everything I expected and more. Laura provides a very in-depth training covering all age groups from toddlers to teens in a variety of areas from visualizations to inversions to Hindu Mythology. I am so excited to use my new skills and tools in my classes.

## I have also taken several of Laura’s online trainings and they have also been fantastic! It was so wonderful to finally meet her in person and I look forward to continuing my studies and practice with her.”

## - Kristy, Yoga Teacher & Studio Owner