

Classtime Yoga Presents



Yoga for Children Teacher Training Course

"Yoga helps children develop positive life enhancing skills in a fun and creative way and provides a pathway to keeping physically and mentally fit"

Cathy Jordan

www.yogau.net

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Aims: To give trained yoga teachers and school teachers the necessary skills, understanding, and confidence to set up and run yoga classes for children, where yoga practices will be taught which will give children of all ages vital tools for life to handle life situations.

Objectives: By the end of the course participants will feel they have the confidence and ability to teach yoga to children and introduce to schools the concept of yoga's role in the classroom.

Target Audience: It is expected that participants in this course will already hold teaching qualification, and have a genuine interest in bringing the valuable science of yoga to the citizens of the future. A minimum of 2 years experience in yoga is required.

Course Requirements: Participants will be expected to attend all of the seminars. Carry out the home study, and written assignments (about 5 hours per month).

To Start teaching a yoga class to children you must:

Obtain a first aid certificate and a working with children check WWCC or exemption certificate.

Duration: The course comprises of 5 one-day seminars held over a 5 month period.

Number of hours: 30 contact hours + 25 hours of home study.

Themes and topics: The physiological and psychological aspects of teaching yoga to children. Practical sessions of asana, pranayama, relaxation techniques and other practices which improve attention, concentration and memory. Group work and plenary sessions. Group discussions. Age groups and abilities. Special needs. Yoga in education. Setting up yoga classes for children. Child protection

Assessment of Studies: Within the 5 month period participants will be assessed teaching a yoga class to children.

Students must submit 5 written assignments for assessment and demonstrate competency in a practical assessment. Attendance at all seminars is essential for successful completion of the course, or attend extra tutorial to make up any lost hours.

(Assessment expenses are covered within the cost of this course).

Certification: On successful completion of all elements of the course YogaU Yoga for Children participants will receive a certificate and will be entered into a teachers directory.

Dates Of Course: 10 Feb, 10 Mar, 10 Apr, 10 May, 10 Jun

Venue: Please Note New Venue
The Kinsley Homestead, Peregrine Drive
Kingsley WA 6026

Costs: A non-refundable deposit of \$100 to be paid on acceptance on to the course, followed by payment of \$120 at each seminar. Assessment fee \$50 within Perth Metro *

Total cost for this course \$770
(Cost includes \$20, for the course text)

Course Texts: Course participants need to obtain the following book "Yoga Education for Children". This book will be made available to purchase at the start of the course.

Cathy is an internationally recognised yoga for children specialist who has taught extensively in the UK. Drawing on a long and informative career as a full time teaching member of the British Wheel of Yoga, she is now able to offer her yoga for children course in Australia for the first time.

Cathy continues to enjoy ever growing success in bringing yoga to a larger audience, by offering lectures and P.D. Days in Children and Pregnancy Yoga.

Cathy is a recognised member of BWY, FinY associations, and Senior Teacher YIYA

To register your interest in the course, book a P.D. Day or classes for your school please contact Cathy.

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