



Creating happy, healthy, relaxed young bodies & minds.....EVERYWHERE!

## **YOGAKIDZ WORLDWIDE TEEN'S YOGA TRAINING DIPLOMA**

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# Teen's Yoga & Mindfulness Teacher Training

## 1.0 TITLE PAGE

**Name of course:** Teen's Yoga and Mindfulness Teacher Training

**Year:** 2018+

**Number of Modules:** 9 modules to be covered over 4 days and in-home assignments.

**Meeting times & location:** Birmingham, Carnforth, Glasgow, UK – over 2 weekends and other venues – please view the website for more locations.

**Principal SYT:** Sarah Swindlehurst

## 1.1 DESCRIPTION

This course presents a training program enabling a person to be a Teen's Yoga Teacher (to teach ages 13yrs to 19yrs) using a variety of fun and educational techniques based in Yoga. We also look at how Mindfulness, Movement, Meditation and Relaxation can be used for all ages, including Teens.

The course will include the following areas of study:

- Introduction, Benefits of Yoga for the teenager – 13yrs – 18yrs.
- Class Information & Plans
- Understanding the Teens Changes – Female and Male
- Exam Stresses and Yoga
- Key Yoga Postures/Sequences for Teens & The Pawanmuktasana Series
- Key Postures for Creating Calmness, Less Stress, Focus and Strength
- Eye Yoga (for eye strain) and Chair Yoga (for at the desk)
- Key Breathing Technique (Pranayama) for Releasing Exam Stresses and Anxieties
- Key Meditations for Releasing Exam Stresses and Anxieties
- Key Relaxations for Releasing Exam Stresses and Anxieties
- Partner Yoga
- Mindfulness, Movement, Meditation and Relaxations, and how to adapt into classes.
- Marketing and Promoting yoga classes. Music to use and layout of class.
- Much more and anything you want to discuss...

## 1.2 COURSE OBJECTIVES

- Trainees will become knowledgeable in Teens yoga and Mindfulness, techniques and practice.
- Trainees will learn a variety of techniques to enable them to teach Teen's yoga in an innovative, helpful for teens, educational and interesting way, and in teaching and keeping the traditions of Yoga present in the classes.
- Trainees will learn about the Yoga Class structure and what works and what doesn't.
- Trainees will be set various tasks throughout the weekends which will add to their learning and give them practical experience of the techniques explored.
- Trainees will learn how to bring in the traditions of Yoga and yet create fun classes which will engage a child of the relevant for the classes.
- Trainees will learn Mindfulness techniques and how to apply them in Yoga Classes and as a standalone subject/class also.
- Trainees will learn the best ways to market and promote their classes and also what music/props they can use in classes.
- Trainees will have continuous support on completion of the training.

## 1.3 STRUCTURAL BREAKDOWN

Module	Contact Hours with SYT	Non-Contact Hours	Total Hours
Module 1: <ul style="list-style-type: none"><li>➤ Introduction, Benefits of Yoga for the teenager – 13yrs – 18yrs.</li><li>➤ Class Information &amp; Plans</li></ul>	3	1	4
Module 2: <ul style="list-style-type: none"><li>➤ Understanding the Teens Changes – Female and Male</li></ul>	1	1	2

Module	Contact Hours with SYT	Non-Contact Hours	Total Hours
Module 3: <ul style="list-style-type: none"> <li>➤ Exam Stresses and Yoga</li> <li>➤ Key Yoga Postures/Sequences for Teens &amp; The Pawanmuktasana Series</li> </ul>	3	2	5
Module 4: <ul style="list-style-type: none"> <li>➤ Key Postures for Creating Calmness, Less Stress, Focus and Strength</li> </ul>	2	1	3
Module 5: <ul style="list-style-type: none"> <li>➤ Mudras for Teens,</li> <li>➤ Eye Yoga (for eye strain)</li> <li>➤ Chair Yoga (for at the desk)</li> </ul>	3	1	4
Module 6: <ul style="list-style-type: none"> <li>➤ Key Meditations for Releasing Exam Stresses and Anxieties</li> <li>➤ Key Relaxations for Releasing Exam Stresses and Anxieties</li> </ul>	2	1	3

<b>Module</b>	<b>Contact Hours with SYT</b>	<b>Non-Contact Hours</b>	<b>Total Hours</b>
Module 7: ➤ Partner Yoga	1	30mins	1hr and 30mins
Module 8: ➤ Mindfulness, Movement, Meditation and Relaxations, and how to adapt into classes.	15	5	20
Module 9: ➤ Marketing and Promoting yoga classes. Music to use and layout of class. ➤ Much more and anything you want to discuss...	1	1	2
- Final Assignment	30mins	8	7hrs and 30mins

30 hours 30mins total    21 hours 30mins total    52hours total

Totaling min 30hours and 30mins (52) contact hours.  
The SYT will be teaching a minimum of 70% of the course

## 1.4 MATERIALS

The course will provide a full manual which will match the modules set out in this syllabus. A reading list will be provided upon the start of the course and students are expected to purchase these themselves. Only one book on this list is compulsory to read, all others are for extra research and support if students require.

## 1.5 PREREQUISITES

Practitioners are expected to have a minimum of 2 years of strong yoga practice before they can be accepted onto the Teen's Yoga teacher training course. It is also helpful for practitioners to have a basic understanding of the philosophy of yoga in general and in this this area of yoga.

Successful applicants should be in good health and have stable personal circumstances to complete this course with the focus and dedication it requires.

## 1.6 EVALUATION PROCEDURE and GRADING CRITERIA

- Assignments- 1 assignment given at the end of the training and/or during.
- Multiple tasks throughout the weekends of training, showing students ability to practice postures and techniques.
- Observational class assessment - trainee will be assessed on them creating sequence plans and other skills, including techniques learnt on training.
- Multiple questions based on the weekend including on Yoga and Mindfulness, for the student to complete at home and send in 1-2 months after onsite training has completed. Questions based on the training weekends but also encourage students extra research and evidence.

## 1.7 COURSE SCHEDULE

*The course consists of 4 tuition days normally through 9 modules. These consist of days, Saturday & Sunday from 9am - 5pm. There will be a tasks/assignment after each of the three days. Non-Contact hours are for homework and tasks set to be done between the 1<sup>st</sup> and 2<sup>nd</sup> days/weekends, and also the final assignment after the first weekend and last day of training*

Start Date:

Weekend 1: Various dates, please visit website for up to date days/times

Weekend 2: Various dates, please visit website for up to date days/times

Weekend 3: Various dates, please visit website for up to date days/times

Weekend 4: Various dates, please visit website for up to date days/times

Finish Date: 1-2mths after last training dates.

Certificate provided on completion of all assignments 1-2mths after training weekends have finished

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## 1.8 ATTENDANCE

Trainees should attend a minimum of 90% of the course. Should trainees miss more than this minimum, they will need to agree with the teacher on which modules to re-take. The school reserves the right to charge additional fees for these catch-up modules.

## 1.9 ACCREDITATION

*The graduate will receive a Diploma Certificate in Teen's Yoga Teaching and also an extra Diploma Certificate in Mindfulness, Movement, Meditation and Relaxation.*

*This training school has met the stringent requirements set by Yoga Alliance Professionals, demonstrating that the course is of the highest standard and that our graduates may register as an affiliate member when they register themselves with Yoga Alliance Professionals. Graduates may also use 'Yogakidz Qualified Teen's Yoga and Mindfulness Teacher' after their name also and on marketing materials."*

**NB:** Anyone who is already a yoga teacher who completes this course would then be eligible to upgrade their membership level with Yoga Alliance Professionals to show they have completed our training and receive an additional badge to promote this training on their website.