



Angel Yoga 4 Kids teacher training program

Regular training workshops for all levels are conducted throughout the year. AYK TT is also available for presentation to private groups such as kindergartens and child care associations, primary and secondary schools, sporting organisations and yoga schools/studios inter and intrastate. Minimum numbers required.

Level 1:

An informative and resourceful workshop, teaching you to bring yoga into the home, classroom, health or child centre, sport and dance centres. Ideal for professionals working with children, such as: Early Childhood Teachers, School Teachers, Educators, Sport Teachers, Dance Teachers, Health Therapist's and Parent's.

- Benefits and basics of teaching yoga
- Basic Yoga asanas for ages 2 to teenagers
- Tools for dealing with restless and disruptive children
- Asanas to improve focus, stimulate alertness, create clarity and improve health
- Relaxation to calm children
- Yoga games
- Breathing exercises
- Simple meditations for quiet time, to improve creativity and imagination

This workshop is intended to show you yoga techniques to share with children, whether at home, in a classroom or elsewhere. One day workshop. 10.00am – 4.30pm

Cost \$180

It is recommended, but not required, that participants have at least a basic knowledge and understanding of yoga, as well as have their own yoga practice.

admin@yogaliving.com.au

07 3862 8295 0412 56 47 57

www.yogaliving.com.au



Level 2

A more comprehensive training workshop to teach yoga to children from pre- school to primary aged children. This workshop will prepares you to teach yoga to children primary age and under.

- Includes more detailed and extensive training
- Teaching to pre-school and primary age groups
- Working with Mudras and Mantras
- Games, songs, creative visualisations and meditations
- Techniques to keep class structured and children interested
- Partnering work
- Yoga in the classroom
- Music Therapy
- Story telling with yoga postures
- Mandala creating and colouring meditation
- Developing communication techniques with children to encourage and give positive feed back
- Techniques to structure a class and lesson plans
- Creating yoga demonstrations for parents

Workshop will be presented over two days. Day 1 12.30pm – 4.30pm, Day 2 10.00pm – 4.30pm.

Cost \$285

It is required participants of Level 2 must have completed Level 1 and at least 12 months of their own yoga experience.

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Level 3:

This intensive workshop is the final stage in AYK training covering anatomy, physiology, yoga philosophy and yoga for special needs. This workshop will certify you to teach yoga to all children.

- Anatomy and physiology for children
- Yoga for children with special needs
- Teaching Yoga to teenagers
- Teaching techniques to communicate effectively with teenagers.
- Catering to specific needs of a group or individual,
- Creating yoga demonstrations for parents
- Teaching simplified study of yoga philosophy
- Dealing with self esteem and depression in teenagers,
- Mantra's' during meditation and asana practice,
- Balancing chakra's
- Teaching more advanced asana's safely.

Workshop will be presented over 2 days. Day 1 - 11.00pm – 4.00pm, Day 2 - 9.00pm – 4.00pm.
Cost \$305

It is required participants of Level 3 must have completed Level 1 and 2 and at least 2 years of their own yoga experience and/or be a fully qualified Yoga teacher.

If cancelling within one month of workshop a cancellation fee of \$50 applies.

Listing of graduates of all levels completed of AYK training is available on our website.
(Cost and Conditions apply)

Internship with Angel Yoga 4 Kids is available after Level 1, only for those intending to complete all 3 levels. You will assist in all types of Angel Yoga 4 Kids classes, give support and postural alignments to students, aid in teaching classes and begin teaching classes after Level 2.

Employment opportunities available with AYK for Level 3 graduates.

These workshop's **do not** qualify you to become a fully qualified yoga teacher. However on completion of AYK Level 2 certificate you will have the opportunity to teach our mainstream younger children's classes and on the completion of Level 3 our older and special needs classes, or you will be able to teach your own private classes to children. If you are



a qualified yoga teacher, AYK Level 2 and 3 will certify you to teach your own kids yoga classes to the general public and in schools. If you wish to receive a yoga teachers qualification you will need to complete an accredited yoga teacher training program.