

PROFESSIONAL INSTITUTE 1

FOUNDATIONS: TEACHING YOGA TO CHILDREN

Professional Institute 1 equips you with the basic principles and tools needed to effectively teach children in an academic environment. You will learn yoga techniques to promote physical, mental, and emotional health. Emphasis is placed on learning how to read and relate to children through understanding child development, anatomy, physiology, and learning domains. From this transformational training, you will emerge with the ability to effectively tailor yoga classes to meet children's varying needs.

Focus: Ages 3 to 12 / Grades Pre-K to 5th

OBJECTIVES

- Understand children's physical, mental, emotional, and social development
- Teach from a lens of social emotional learning and brain based learning
- Know the benefits of yoga for children
- Embody the Yoga Ed. teaching philosophies
- Design and develop lesson plans appropriate to the age group you are teaching
- Create yoga classes to fulfill the National PE Standards
- Effectively utilize yoga tools in the classroom to meet your student's needs
- Teach yoga to children Pre-K through 5th grade

REQUIRED READINGS

Yoga Ed. Professional Institute 1 Curriculums: Overview / Teacher's Guide / Children's Guide

The Whole Brain-Child: Daniel Siegel and Tina Payne Bryson

Teaching with The Brain in Mind: Eric Jensen



COURSE SCHEDULE

Day 1

Overview and Introduction to Yoga Ed.

Yoga Ed. Teaching Philosophies: The Practice of Being a Yoga Educator

Lesson Planning: Utilizing Yoga Exercises to Design an Engaging Class

Classroom Design: Creating a Safe Space for Effective Teaching and Engaged Learning

Classroom Observation

Day 2

Child Development: Understanding Early and Middle Childhood Developmental Milestones

Positive Classroom Management: Cultivating Positive Relationships with Your Students

Brain Based Learning: Engaging the Brain with Yoga Education

Social Emotional Learning: Supporting Social Emotional Learning through Yoga

Children's Breathing Exercises

Child Development: Understanding the Anatomy and Physiology of Children

Lesson Planning: Creating Yoga Stories and Sequences

The Yoga Tool Belt: Tailoring Yoga Exercises to Your Students' Needs

Classroom Observation

Day 3

Children's Yoga Postures

Children's Partner Yoga Postures

Children's Relaxation Exercises

Lesson Planning: Taking What You have Learned into Practice

Practice Teaching

Day 4

Practice Teaching

Teacher Resources: Enriching Your Students Yoga Experience

Taking Children's Yoga Into the World: Basic Business Principles