

PROFESSIONAL INSTITUTE 2

BUILDING BLOCKS: TEACHING YOGA TO TEENS

PI 2 equips you with the basic principles and tools needed to effectively teach yoga to teenagers. Although designed for academic environment, our curriculum is easily adapted for use in a variety of settings, including yoga studios, at home, and in healthcare settings. You will study the internal and external changes in teenagers, and how changes can alter the teens' yoga experience. Emphasis is placed on learning how to read and relate to teens through understanding adolescent development, anatomy, physiology, and learning domains. From this transformational training, you will emerge with the ability to effectively shift teaching practices to connect with teens.

Focus: Ages 13 to 18 / Grades 6th to 12th

OBJECTIVES

- Understand adolescents' physical, mental, emotional, and social development
- Teach from a lens of social emotional learning and brain based learning
- Know the benefits of yoga for adolescents
- 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 Physical Education and Health Standards
- Effectively utilize yoga tools in the classroom to meet your student's needs
- Teach yoga to adolescents 6th grade through 12th grade

REQUIRED READINGS

Yoga Ed. Professional Institute 2 Curriculums: Overview / Teacher's Guide / Adolescent's Guide

Brainstorm: 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

Adolescent Development: Understanding Early and Middle Adolescent 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

Adolescents' Breathing Exercises

Adolescent Development: Understanding the Anatomy and Physiology of Adolescents

Lesson Planning: Creating Yoga Stories and Sequences

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

Classroom Observation

Day 3

Adolescents' Yoga Postures

Adolescents' Partner Yoga Postures

Adolescents' 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 Adolescents' Yoga Into the World: Basic Business Principles