

Sushmuna Yoga for Children

Joyous yoga for children

This is a programme to train both schoolteachers and yoga teachers to become a yoga teacher for children aged 2-11, with an emphasis upon kundalini energy and postures, and Hatha postures.

The programme will consist of:

6 days, a total of 42 hours face to face training.

Self-study of 10-20 hours

Coursework to be completed, all six assignments to be completed and a copy handed in for feedback.

A successful lesson observation with feedback

Two Zoom calls in between day to day meetings for support and guidance.

In order to receive certification each student will need to:

Attend all 6 days of face to face training

Successfully complete all assignments

Achieve a satisfactory standard in a lesson observation

Attend at least one zoom support meeting.

Curriculum Plan for

Day:1

Time	Class Content	Follow up reading or work	Who leading
8.30-10.00	Introduction to kundalini yoga for children		LK
10.00-10:30	Break		
10:30-12.00	Basic posture work	Practising some postures at home	LK
12.00-1.00	Lunch		
1.30-3.00	Meditation for children		LK
3.00-4.00	Use of musical instruments with children and chanting	Children's musical instruments, gong, bowls.	LK and students
4.00-4:30	Break		
4:30-5:30	Games to play with children	Manual	LK

Day: 2

Time	Class Content	Follow up reading or work	Who leading
8:30-10:00	Posture work for children	Practising postures	LK
10:00-10.30	Break		
10:30-12:00	Posture work for children		LK
12.00-1.00	Lunch		
1:00-2:30	Designing games together	Design a game for a group of children, age specific	Students
2.30-4.00	How to develop relaxation for	Manual and practical session	LK

	children of varying ages		
4-4.30	Break		
430-530	Develop a couple of relaxations you could use with children.	Finalise at home	Students

Day:3

Time	Class Content	Follow up reading or work	Who leading
8:30-10.00	A basket of goodies, resources to use in teaching...enjoy being a child in a class		LK
10.00-10:30	Break		
10:30-12.00	Postures for children		LK
12.00-1.00	Lunch		
1.00-2:30	Questions to use to develop children's thinking	Come up with 10 questions that would be good opening starters for children's classes.	LK
2:30-4.30	Postures for children		LK
4:30-5:30	Teaching each other postures		Students

Day:4

Time	Class Content	Follow up reading or work	Who leading
8:30-10:00	Postures for children		LK
10:00-10.30	Break		
10:30-12.00:	Meditation for children		LK and students
12.00-1.00	Lunch		
1.00-2:30.	Meditation for children, sharing a meditation each		LK and students
2:30-3:30	Behaviour management in class.		LK
3:30-4:00	Break		
4:00-5:30	Planning a yoga class for children	Plan a 20 minute yoga class suitable for an age group of your choice, up to 11 years.	LK and students

Day: 5

Time	Class Content	Follow up reading or work	Who leading
8:30-10.30	Lesson observations and feedback		Students with LK observing
10.30-11	Break		
11-12.30	Lesson observations and feedback		Students with LK observing
12.30-1.30	Lunch		
1.30-2:30	Insurance, school policies, risk		LK

	assessments, GDPR, lone working, first aid and paediatric first aid.		
2:30-4:00	Lesson observations and feedback		Students with LK observing
4:00-4:30	Break		
4:30-5:30	Working together to fine tune the lesson plan observed upon and start to think of next stages	Write 5 20-30 minute lesson plans for chosen age group	Students

Day:6

Time	Class Content	Follow up reading or work	Who leading
8:30-9:30	Experience a longer class		LK
9:00.10:30	Create a longer lesson plan in groups		Students
10:30-11:00	Break		
11-12.00	Revision of postures		LK
12.00-1.00	Lunch		
1:00-2:00	Revision of mantras and meditations		LK
2-3:30	Create a celestial communication in pairs and share with the group		Students
3:30-4:30	Afternoon tea		
4:30-5:30	Graduation Ceremony		LK and students

