

Holistic Harmony - joyous yoga for children

A certified programme to train both schoolteachers and yoga teachers to become a specialist yoga teacher for children aged 2-11, with an emphasis upon subtle (kundalini) energy and postures, alongside common Hatha yoga postures.

The 42 hour programme will consist of:

4 days (28 hours) in-person face to face training.

2 hours online support calls

12 hours Self Study and Coursework

Self-study: to plan posture work for teaching; planning and delivering a lesson; planning and delivering a celestial communication; practicing the postures and children's kriyas.

Coursework: all six assignments to be completed to the required standard and a copy of each submitted for assessment and feedback.

Assignments:

Children's Game

Relaxation for children

5 lesson plans of 20-30 minute lesson plans for chosen age group

Write a celestial meditation for children and share on zoom

Practice and present postures

A successful lesson observation with feedback

Certification:

In order to receive certification each student will need to:

Attend all 4 days of face to face training

Successfully complete all assignments to a satisfactory standard

Achieve a satisfactory standard in an observed lesson

Attend at least one zoom support meeting.

Schedule for in-person training days

Day:1

Time	Class Content	Follow up reading or work	Who is leading
9-10:30	Introduction to kundalini yoga for children		LK
10.00-10:15	Break		
10:15-12.00	Basic posture work	Practising some postures at home	LK
12.00-12:30	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
4:15-4:30	Tea		
4:30-5:30	Games to play with children	Manual	LK

Day: 2

Time	Class Content	Follow up reading or work	Who leading
9-10:30	Posture work for children	Practising postures	LK
10:30-10.45	Break		
10:45-12:00	Posture work for children		LK and students
12.00-12:30	Lunch		
12:30-2:00	Designing games together	Design a game for a group of children, age specific	Students
2.00-2:15	Tea	Manual	LK

2:15-3:45	Relaxation with children of varying ages		
Grab a tea and work together			
3:45-5	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
9-10:30	A basket of goodies, resources to use in teaching...enjoy being a child in a class		LK
10:30-10:45	Break		
10:45-12:30	Postures for children and teaching each other postures.		LK and students
12:30-1.00	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
2:30-2:45	Tea		
2:45-5:00	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:4

Time	Class Content	Follow up reading or work	Who leading
9-10:30	Lesson observations		LK
10:30-10.45	Break		
10:45-12.15	Lesson observations		LK and students
12.15-12:45	Lunch		
12:45-2:30.	Meditation for children, sharing a meditation each		LK and students
2:30-3:30	Behaviour management in class.		LK
3:30-3:45	Break		
3:45-5	Insurance, school policies, risk assessments, GDPR, lone working, first aid and paediatric first aid.		LK and students
Coursework			