

# YOGA FOR CHILDREN TEACHER TRAINING

9th - 10th November at Fisical Yoga Studio, Sevenoaks

ALL STUDENTS WILL HAVE A COMPREHENSIVE 115 PAGE MANUAL TO TAKE HOME FULL OF ALL MY SECRETS OF TEACHING YOGA TO CHILDREN, INCLUDING:

- \* AN ILLUSTRATED YOGA POSES FOR KIDS SECTION
- \* YOGA STORIES
- \* YOGA GAMES
- \* GUIDED MEDITATIONS

WE WILL COVER:

- \* THE BENEFITS OF YOGA FOR CHILDREN
- \* HOW TO INTRODUCE YOGA TO CHILDREN
- \* HOW TO TEACH EVERY TYPE OF STUDENT
- \* UNDERSTANDING CHILD DEVELOPMENT
- \* RETAINED REFLEXES
- \* NEUROLOGY
- \* MOVEMENT THERAPY
- \* CREATIVE THEMES AND STORYTELLING
- \* SPECIALISED KIDS YOGA TECHNIQUES
- \* YOGA ASANAS AND SEQUENCING FOR CHILDREN
- \* MINDFULNESS FOR CHILDREN
- \* INTENTION SETTING
- \* DRISHTI (FOCUS)
- \* BREATHWORK FOR CHILDREN
- \* YOGA GAMES!
- \* MEDITATION FOR KIDS
- \* YOGA HISTORY FOR KIDS
- \* YOGA PHILOSOPHY FOR KIDS
- \* TEACHING STRATEGY
- \* FLOW STRATEGY
- \* BEHAVIOR MANAGEMENT
- \* SETTING / HOLDING THE SPACE
- \* BOUNDARIES AND CLASS RULES
- \* HOW TO WRITE A RISK ASSESSMENT
- \* HEALTH CHECK FORM
- \* GETTING ORGANISED
- \* CLASS PLANS
- \* MARKETING AND BUSINESS

Price: £587

£200 deposit to book

After care support available

To book contact Jess:

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