

YOGA FOR CHILDREN TEACHER TRAINING

3rd and 4th May at New Beacon School in 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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