

LEARN TO TEACH YOGA & MINDFULNESS TO KIDS AGES 2-7 YEARS OLD

This training is perfect for anyone that is interested in sharing the gift of yoga with kids, including teachers, parents, caregivers, therapists and yoga practitioners. Even if you're already experienced in teaching yoga to children, this course is a great way to add innovative and fun ideas into your classes, keeping them fresh and engaging. Trainees will learn how to teach yoga classes to kids ages 2-7 both in person and virtually.

Who should attend?

- Physical education and health education teachers
- Yoga teachers or children's yoga teachers wishing to offer a yoga program for tweens and teens
- School and/or family counselors
- Social workers
- Occupational therapists
- Physical therapists
- Pediatricians
- Parents and caregivers
- Child psychologists
- Camp counselors and recreation directors

This training will include:

- The benefits of yoga for children
- Creating yoga practices for children which include child-friendly yoga poses, partner poses, group poses
- Yoga music, games and activities
- Understanding the relationship between the brain, nervous system and body, and how yoga and mindfulness can support integration and function
- Creating a safe, engaging and age appropriate class sequences
- Introduction to breathwork for children
- Introduction to mindfulness & meditation practices
- Creating you own lesson plans
- Classroom management
- Practice teaching
- Practical information (i.e. how to set up classes, obtaining your teacher insurance, etc.)

A Bee You Yoga course certificate will be given to each participant if all sessions and the practice teaching session are successfully completed.

Your course registration includes a Bee You Yoga Kids Teacher Training Manual, access to a private Bee You Yoga teachers Facebook page and a course completion certificate.