

LEARN TO TEACH YOGA & MINDFULNESS TO CHILDREN & TEENS WITH SPECIAL NEEDS

In this 1-day training, participants will learn how to teach yoga and mindfulness to children and teens with special needs. This training is for yoga instructors as well for parents, teachers, therapists, caregivers, counselors or anyone who wants to teach yoga classes for kids with special needs. The focus is on yoga for children and teens with special needs which lays the groundwork for integrating yoga into the care of children and teens with autism spectrum disorders, ADHD, emotional and behavioral disabilities and anxiety. The training and certification can also be used to teach yoga to children without special needs.

Who Should Attend?

Educators, school counselors, OTs, parents, school professionals, administrators and anyone else interested in learning how to share yoga and mindfulness practices with children and teens of all abilities.

Trainees will learn:

- the benefits of yoga & mindfulness for children of all abilities
- exploring the history of yoga, along with the ways that yoga increases physical, social, emotional, and mental well-being
- reviewing unique needs of people with autism spectrum disorders, ADHD, emotional and behavioral disabilities, learning disabilities and anxiety
- learning components that make up a complete yoga session and understand how to apply yoga within your already existing routines and schedule
- who we are teaching and how and why yoga & mindfulness is beneficial for this population
- how to plan and teach a class for kids with special needs safely and effectively
- how to teach yoga poses and partner poses
- practice teaching including trainer and peer feedback
- how to set up classes
- yoga and mindfulness games and activities PLUS so much more!

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.