

LEARN TO TEACH YOGA & MINDFULNESS TO TWEENS & TEENS

Let's face it, being a 'tween is hard! You are not a kid anymore and you are not quite a teenager. Similarly, being a teen is no walk in the park either! Both 'tweens and teens come to yoga class each week, like adults, with many different issues or concerns. All these situations, big or small cause stress for today's kids and coming to yoga can help alleviate some of that stress while also teaching them techniques and life skills to manage their stress.

What makes the BYY training unique is the emphasis on mindfulness and the way in which it can be incorporated into children's yoga and their everyday lives.

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

What will this training include?

Trainees will learn how to teach yoga and mindfulness classes for kids ages 8 and up with age appropriate yoga poses and activities, how to create theme-based yoga classes, how to use self-calming, meditation and mindfulness techniques to help kids calm their bodies and minds. At the end of the 18 hours, trainees will be prepared to start their teaching journey sharing yoga and mindfulness with 'tweens and teens.

Trainees will learn:

- The benefits of yoga for 'tweens and teens
- Creating yoga practices for 'tweens and teens which include yoga poses, partner poses and group poses
- Yoga music, games and activities suitable for 'tweens and teens
- Creating safe, engaging and age appropriate class sequences
- Creating a non-competitive, mindful class environment
- Introduction to breath work for 'tweens and teens
- Introduction to mindfulness & meditation practices
- Creating and executing your own lesson plans
- Classroom management skills
- Developmental considerations and cautions for 'tweens through teens; understanding where they are in their lives
- Practice teaching to small groups
- Designing specialty classes (e.g. after-school programs, family yoga, summer camps, etc.)
- Communicating and building relationships with your students and their parents/caregivers

- Practical information (i.e. how to set up classes; obtaining your insurance, etc.)
- Business and marketing techniques
- Teen appropriate relaxation exercises, visualization and meditation techniques
- Games and activities that address teen issues such as self-esteem, body image, nutrition, stress, anger, and relationships
- Creative ways to build confidence, trust, teamwork, focus, concentration, and a sense of peace from within
- Helping teens identify negative thought patterns and replace negative self-talk with positive affirmations
- Breathing techniques to calm, energize, and balance the nervous system

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.