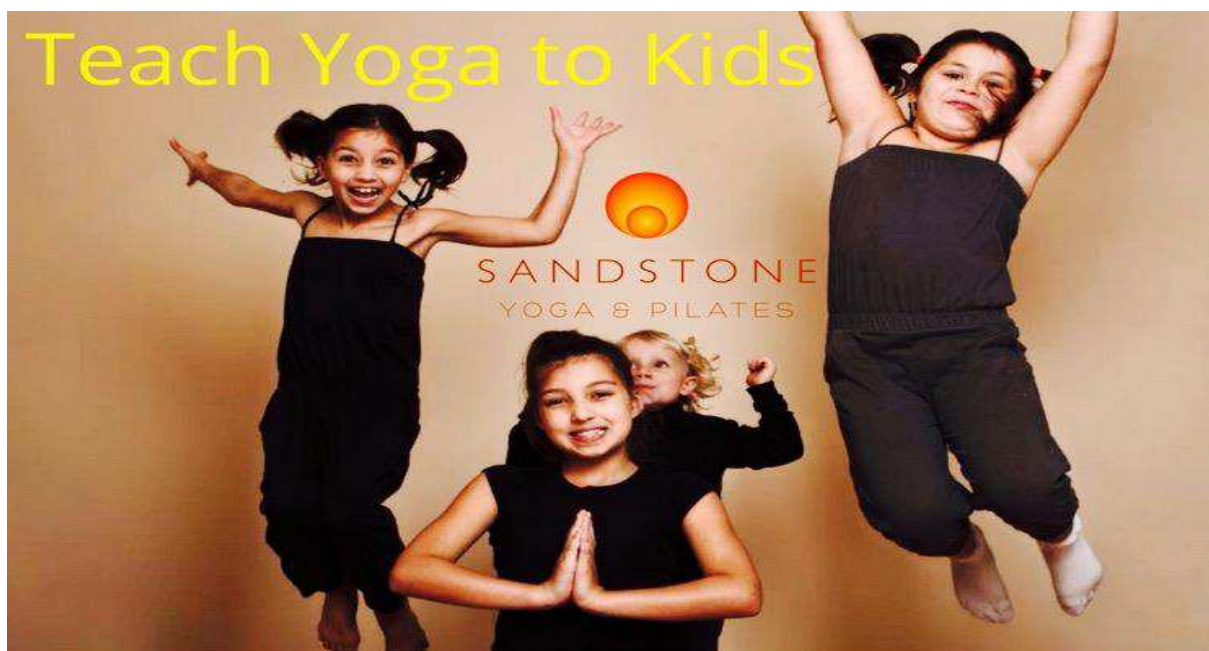




## **Teach Yoga to Kids Yoga - Day Course**

**Sunday 7<sup>th</sup> October 2018 9.30am – 5 pm**

**Aldridge Studio, 26 Anchor Parade, Aldridge, WS9 8QP**



Come and learn how to share the joy of yoga, meditation & relaxation with children aged 4 – 11. This course is for existing school/ yoga teachers, parents, carers, teaching assistants or those looking to move into this area. This course will give you the skills, confidence and tools to start passing the joy of yoga onto a future generation, developing their life skills and personal confidence.

## Course Teacher



Sarah's two passions in life are yoga and working with children. She combines her training as a primary school teacher with her qualification as a Yoga Teacher with YogaKidz Worldwide, to develop calmness, mindfulness & healthy bodies for children. She is a student in the Sandstone Teacher Training Academy, currently studying her 200-hour course.

"Sarah's style is inclusive, friendly and open. She is confident with kids yoga and she will give you the confidence and tips to enhance your teaching repertoire" Michelle Nicklin – Owner and Founder of Sandstone Yoga.

## What is involved in the day

A one-day course designed for those who want to share the joy of yoga, meditation & relaxation to children aged 4 – 11. There is no minimum legal requirement to teach yoga to children in the UK. Many qualified yoga teachers and school teachers teach yoga but have no formal training in it. This day will give those who already teach children or those who are moving into this worthwhile sector a huge array of material and ideas. You will be raring to go after this one day spectacular!

## Programme Outline

<b>Introduction</b>	Why teach kids yoga? Who can teach yoga to children? How do young people react to yoga?
<b>Themes</b>	Planning short yoga sequences around themes, eg, seasons, holidays, etc with practice
<b>Partner Work</b>	Benefits of partner work. Examples of partner work with practice
<b>Yoga Stories</b>	Benefits of using yoga stories. Examples of great books with practice
<b>Yoga Games</b>	Benefits of using yoga games & sharing ones that really work.
<b>Yoga Resources</b>	Work with the best available resources on the market currently & explore how to use them
<b>Meditations</b>	Benefits of meditation for children. Model a couple of example meditations suitable for children.
<b>How to Structure</b>	Lesson planning and how to work differently for KS1 and KS2. Teaching a sample lesson (condensed)

**FAQs and Top Tips** Sarah will share tips and answer questions. Things to help the class run more smoothly. Q & A session

**Price including PDF worksheets – Early Bird £79**

**Full price £89 after 30<sup>th</sup> August 2018**

**Book Now via [www.sandstone yoga.co.uk](http://www.sandstone yoga.co.uk) or directly on Mindbody**

**Places are strictly limited and will be offered on a first come, first served basis**