

# *Sun Yoga Kids*

## TEACHER TRAINING PROGRAMME 2012

For parents, school teachers, yoga teachers and anyone who would like to share their love of yoga with children.



### **Introduction:**

Initially created for the British National Curriculum's PSHE syllabus (Personal, Social & Health Education), SUN YOGA KIDS has grown into an international movement with over 300 teachers in more than 20 countries worldwide.

SUN YOGA KIDS' philosophy stems from the belief that children need to learn mat yoga as well as yoga off the mat. Based on Kundalini Yoga with its wonderful dharma of selfless service and mindful action, SUN YOGA KIDS' philosophy is appropriate and relevant for children growing up in today's challenging world.

The nature and the content of the course is designed so that at the end of two days of intense discussion, listening, observation, role play, yoga and meditation you will feel confident and equipped to teach yoga to children. You will be supported by the lesson plans you will create during training and e-mentorship.

### **As a SUN YOGA KIDS teacher, your role will be:**

- Teaching children practical spirituality (the YAMA and the NIYAMA, namely the first and second limbs of the eighth-fold path of yoga);
- Teaching children classical yoga postures (the ASANA, the third limb);
- Introducing The Breath, a very close friend (PRANAYAMA, the fourth limb);
- Guiding children to the wise teacher within them (PRATYHARA, the fifth limb);
- Introducing children to the sacred space within themselves;
- Sharing with children this very special part of their journey.

### **The training**

Two days of intensive theory, practical, meditation, sharing and inner growth:

- Classical yoga postures
- Classroom management
- Coping strategies
- Designing yoga classes and yoga courses
- Getting started in your new career
- Where to get help and additional resource

## SUMMARY OF SYLLABUS

Please note that this is a summary, as the actual course will be greatly enriched by the experience of the facilitators and the participants

1. 565 teachers, 18 countries – be part of this network
2. Principles of Kundalini Yoga and why it is suitable for children
3. Yoga philosophy
4. Sun Yoga Kids' THREE PHILOSOPHIES
5. Supporting the school curriculum, home-schooling and general yoga classes
6. Anatomy of the growing child (and why certain postures / *pranayama* are contraindicated)
7. Modifying classical yoga postures for children
8. Teaching *pranayama* and meditation to children
9. Storyboarding (for younger children)
10. Creating interesting and relevant classes for children
11. Ideas for teaching an engaging class
12. Behavioural management, the yogic way
13. Safety – conducting a safety audit
14. Lesson plans
15. Sample class teaching

### Note on the syllabus:

Sun Yoga is a USA Yoga Alliance registered yoga school. Our syllabus and textbook follow the guidelines set out by USA Yoga Alliance. The Sun Yoga Kids course is an introduction of our 200 Hours Registered Yoga Teacher Program (RYT200) and counts as 20 contact hours towards the full program.

The cost of the course is USD400. However, this fee is deductible from the full price of the Sun Yoga 200 Hours program, which cost USD2200 (10% Early Bird discount applicable, if first instalment is paid 6 weeks before the commencement of program).

Course fee includes textbook, teacher's manual, CD and other relevant materials.

# SUN YOGA KIDS TEACHER TRAINING PROGRAM

## 2012

- ✓ Recognised by the UK Kundalini Yoga Teachers' Association as Continuing Education Units (CEU)
- ✓ Recognised as part of Sun Yoga's Registered Yoga Teacher at 200 Hours (RYT200) Yoga Alliance qualification
- ✓ Be one of the 550 teachers worldwide trained under this programme

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This heart-centred weekend course introduces you to yoga (if you are new to yoga) and provides you with the tool to incorporate yoga into your activities (for example, PE, dance, gymnastics). Began nine years ago as a support to the newly introduced British National Curriculum's PSHE, Sun Yoga Kids have grown into a worldwide, internationally taught programme with recognition from key professional organisations.

### DAY 1

9.30am – 10.30am

#### TECHNIQUES

Introduction to Kundalini Yoga – “Experience, then believe”

Introduction to group

The Kundalini Yoga Toolkit

10.30am – 11.30am

#### PHILOSOPHY, ETHICS & LIFESTYLE

Introduction to Kundalini Yoga (key elements)

#### ANATOMY & PHYSIOLOGY

Yogic anatomy – chakra and ten bodies

Anatomy of a growing child

Emotional needs of a growing child

Creating a nurturing environment to support these needs

Physical issues of modern lifestyle

11.30am – 12.30pm

#### TECHNIQUES

Adapting classical yoga postures

12.30pm-1.30pm Lunchtime discussion

1.30pm – 3.30pm

#### TECHNIQUES



Storyboarding  
Kriya vs. Asana  
Adapting Kriya for a children's class  
Games for social development

3.30pm – 4.30pm

TEACHING METHODOLOGY

Structuring a class

Assignment



4.30pm – 5.30pm

TECHNIQUES

Celestial Communication



DAY 2

9.30am – 11.30am

TECHNIQUES

Teaching



11.30am – 12.30pm

TEACHING METHODOLOGY

Creating class templates

12.30pm-1.30pm Lunchtime discussion

1.30pm – 2.30pm

TEACHING METHODOLOGY

Steiner philosophy



2.30pm – 3.30pm

TEACHING METHODOLOGY

Classroom management – rules and parents

Administration – waiver forms and safety audit

Ideas for incorporating yoga into the curriculum

3.30 – 4.30pm

Marketing

Next steps

Checklist

For more information: [www.sunyoga.com](http://www.sunyoga.com). Email: [hello@sunyoga.com](mailto:hello@sunyoga.com)