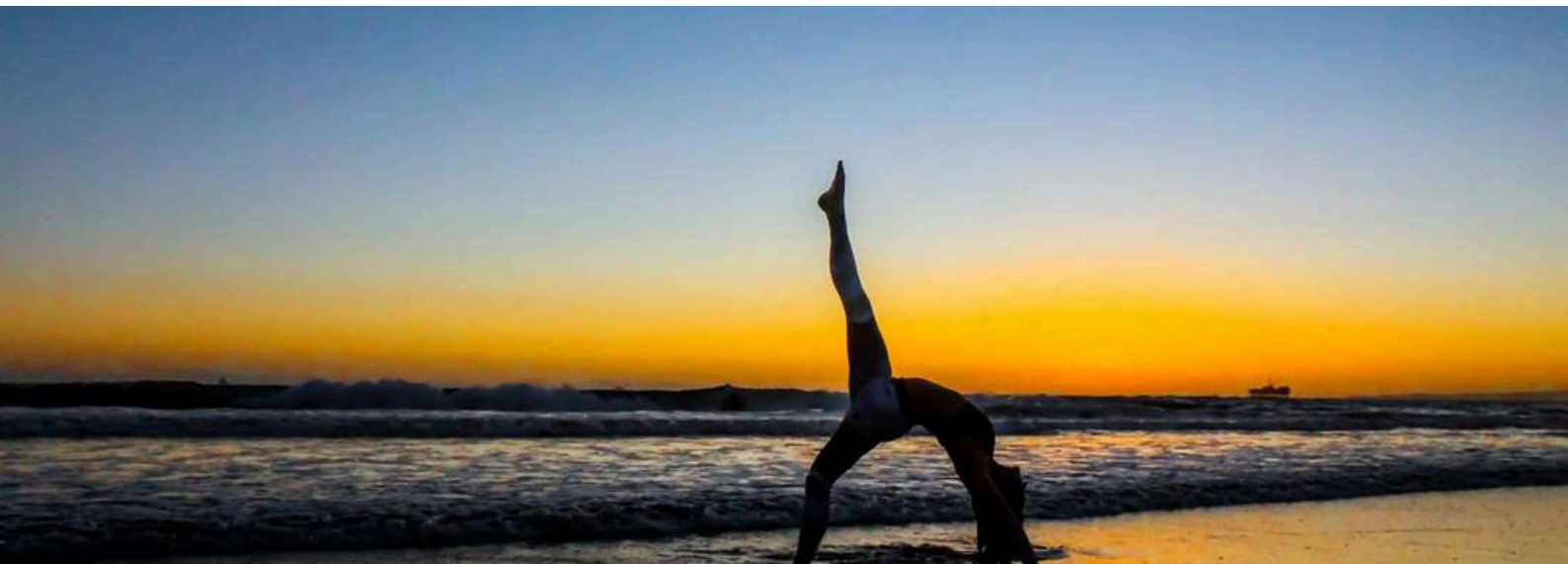




INTERNATIONALLY RECOGNISED CHILDRENS YOGA TEACHER TRAINING

Barefoot Yoga Studio



barefoot
yoga studio

TRAINING THAT SUITS YOU

This course is suitable for everyone, there is no prior qualification or learning needed. It is Yoga Alliance accredited and also compliments the SPHE curriculum currently used in schools.

Teach engaging, fun and meaningful yoga classes from 3 up to 13 year olds and build a comprehensive toolkit as a yoga teacher to successfully manage and support the children. Connect to yourself in a new way and use your playful side to create your own fun and engaging class plans.

Learn how to integrate child friendly mindfulness and meditation practices. Help children discover their own strengths and how to let their lights shine bright.

YOGA ALLIANCE ACCREDITED





COURSE FEATURES

- Group specific asanas
- Breathing exercises
- Movement & Yoga games
- Chants
- Mindfulness techniques
- Concentration techniques
- Meditation practices

PRACTICAL LEARNINGS

This training is designed to be practical and interactive, and covers areas such as integrating children with additional needs. Achieve learnings in partner work, storytelling, and self-care for working with children. Attain creative and innovative ideas for class plans.

PRACTICAL LEARNINGS

- Basics of Teaching Kids Yoga
- Getting & Keeping Attention
- Self Care and Practice for the Kids Yoga Teacher
- Children Developmental Stages Milestones
- Kids Yoga Anatomy and Alignment
- Kids Yoga Breathing Techniques
- Warm Ups (including Surya Namaskar)
- Teacher Toolkit: Yoga Games Calm Down techniques
- Kids Yoga Relaxation Visualisation and Affirmation
- Yoga Philosophy
- Children with Additional Needs
- Mindfulness and Mindfulness
- Practices Meditation and Meditation Practices
- Yoga in School - Classroom Integration Adaptations for the curriculum
- Partner Yoga - Group Asana



ASSESSMENT

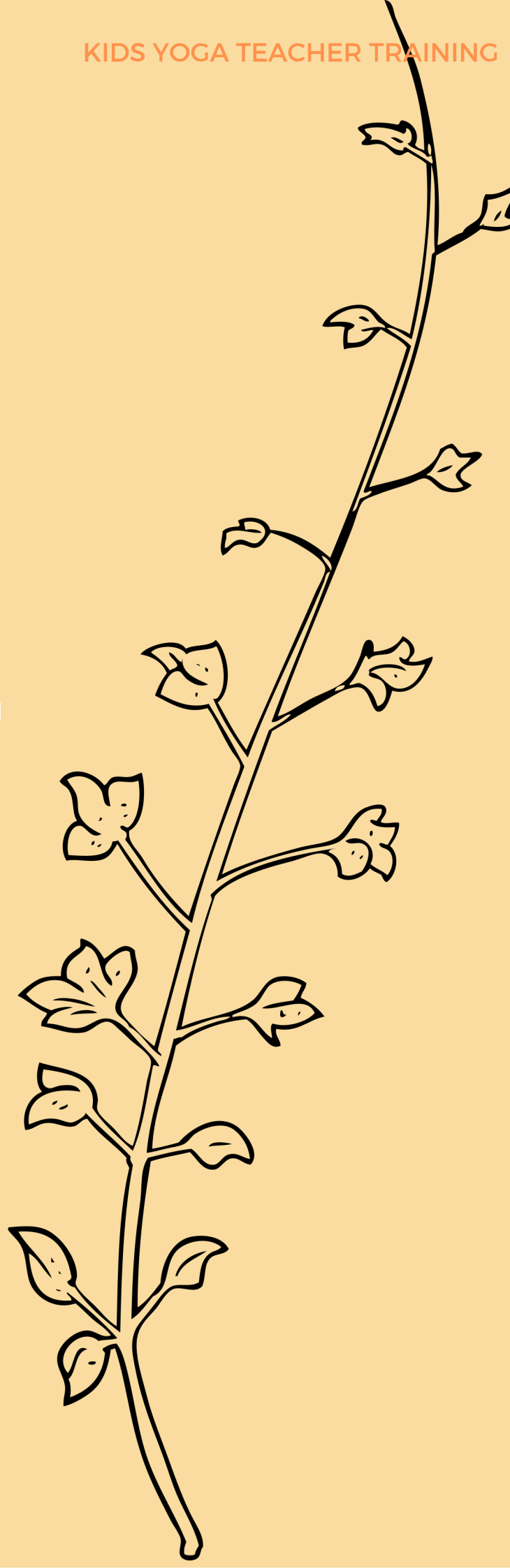
This training is based on working in teams to create learning experiences. Prepare to participate, move, let your imagination fly, be playful and creative. Assessment is based on participation, contribution, creativity and presentation.

Students must observe 10 hours of classes with qualified kids yoga teachers and report their observations in writing. You will then teach 10 hours of yoga and report on this.

ACHIEVEMENTS

Learn a new skill and add an additional element to your teaching practice. This diversifies your skill set and makes you stand out. Be the positive change in a child's important development.

Yoga helps children improve body awareness and it helps reduce fears and stress. Enhancing concentration, self confidence and a positive self-image as well as helping to manage difficult emotions among so many more benefits.



COURSE INSTRUCTOR

Clare Bassett



Clare Bassett B.A. MSc. is a senior yoga and meditation teacher trainer with a background in education. She has been practicing and teaching yoga and meditation for almost twenty years and training yoga teachers for over a decade.

She started teaching kids yoga in 2014. She loves to develop yoga and meditation classes in an integrated and inclusive way to support all kinds of children.

Her teaching style is clear, easy and fun with an emphasis on empowering people, whatever their age, to get to know and love their own body and have fun while connecting to peace and joy in and off the yoga mat.



FURTHER COURSE DETAILS

Enrolling Now

FEES

Full Course €1200

TIMES

10:00am - 16:30pm

Course Dates:

Feb 22nd & 23rd

March 29th & 30th

April 12th & 13th

31st May, 1st June

14th & 15th June

LOCATION

13 Millbank Business Park
Lucan
Co.Dublin

Free Parking Available

CONTACT US

EMAIL

info@barefootyogastudio.ie

CALL

+353 (083) 804 1873

WEBSITE

www.barefootyogastudio.ie

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Barefoot Yoga Studio