



Shiva Centre Kids Yoga Teacher Training Overview

Thank you for your interest in Shiva Centre SLC's Teacher Training Program designed especially for those who wish to share the gift of yoga with children. This package represents an overview of our teacher training program along with an application. You need only apply ONCE! Once accepted for a single module, you are accepted for all modules.

CURRICULUM OVERVIEW:

The format accommodates the busy lives we all lead: one training module per month held the weekends. The modules run over the course of five months, giving you time to absorb information you receive. You may take any module individually to begin your exploration of teaching children yoga, or put them all together for certification

Module 1: Introducing Yoga to Children Yoga History & Philosophy for Kids & Teachers

What is yoga and how is it beneficial to children? We look at the eight limbs of the yogic path and how they pertain to children and teachers.

Module 2: Yoga in the Classroom Theory & Practice of Teaching

Guiding children through this ancient practice takes patience, love and consideration of each individual child. We will help you develop your own personal teaching style using the following methods:

- classroom management;
- sequencing and counter poses;
- age-appropriate routines;
- creating a focus, integrating themes and setting tone and rhythm; and
- child psychology and teaching ethics.

Module 3: Learning Postures through Play Theory & Practice of Yoga Through Play

Children's work is their play and that is the way they learn. As children move, their brains develop and grow. In the following ways, we learn and grow with yoga. Asana (postures) of yoga bring body, mind, and spirit together in forms that have been practiced for thousands of years. Children love to explore through movement. We will discover ways to teach these "seats" of yoga in many different ways:

- Singing
- Story telling
- Games
- Nursery Rhymes
- Salutations
- Creating fun and accessible ways to learn poses
- Pose by Pose overview of physiological and subtle body benefits of asana
- Asana coming to life in animal form

Module 4: Creating Peace with Breath, Meditation and Chanting Pranayama, Meditation & Chant for Children

Using the ancient yogic practices of breathing, chanting and meditation we will learn how to help children find their inner voice. These methods help children find inner peace in this very chaotic and stressful world.



Module 5: Experiential Learning

Get Out There & Teach!

Just as children learn through experience, the learning of teachers grow through personal practice and continuing your education by:

- Creating lesson plans and volunteering to teach children's yoga classes
- Observing and assisting in children's yoga classes

More Details

Tuition: \$295 per module, or \$1275 for all five (save \$200!).

Friday 6-8pm, Saturday 1-5pm and Sunday 8am-5pm

Trainings held at Shiva Centre in Sugar House (2065 East 2100 South, SLC)

Certification Hours

14 hours Continuing Education credit each weekend, 70 hours total program.

Contact hours

70 in workshops

8 in observation/assist

Non-contact hours

15 practice with teacher

15 personal (writing, meditation, journal)

108 total hours

Additional Requirements for Certification

- Keep log of classes attended at Flow Yoga
- Observe and/or assist in 8 children's yoga classes
- Complete and turn in homework
- Write 10 lesson plans and teach to a group of 3 or more children

Required Reading List

Living Your Yoga by Judith Hanson Lasater

YogaKids: Educating the Whole Child Through Yoga by Marsha Wenig

Fly Like a Butterfly: Yoga for Children by Shakta Kaur Khalsa

Yoga for Children by Mary Stewart and Kathy Phillips

I Believe in Me: A Book of Affirmations by Connie Bowen

Peaceful Piggy Meditation by Kerry Lee MacLean

My Many Colored Days by Dr. Seuss



Deliver Application To
Shiva Centre SLC
Attn: Brandi Allen
Re: KYTT Application
2065 East 2100 South
Salt Lake City, UT 84109

Email Application To
Brandi.lee.allen@gmail.com

Acceptance Notification

Applicants who have been accepted will be notified via e-mail. If you do not use e-mail regularly, contact **Amanda Buist (801) 485-5933**. Accepted applicants **must confirm their acceptance immediately** via e-mail or telephone.

Tuition Payments

Participants must pay their remaining balance (if any) in full by **14 days prior to the start date of Teacher Training**. Payment must be made by credit card, check, or money order payable to **Flow Yoga SLC**. **If you need to make payment arrangements, contact the studio.**

Tuition Refunds

Cancellations received 14 days prior to the start of the training will receive the \$295 deposit credited towards a future teacher training. The remaining balance (if any) will be refunded. Cancellations received less than 14 days prior to the start of teacher training will forfeit the \$295 deposit, but the remaining balance (if any) will be refunded. Notice of cancellation must be made in writing. Once the program begins, no refunds/credits will be offered.

Questions?

Contact: **Brandi Allen (801) 485-5933** Email: brandi.lee.allen@gmail.com



APPLICANT INFORMATION

Name:		
Address:		
City:	State:	Zip code:
Home phone:		Work phone:
Cell phone:		E-mail address:
Date of Birth		Time
Place:		

EMERGENCY CONTACT

Name:	
Phone:	Relationship:
What is the start date of the program you wish to attend? month /day / year ____/____/____	

MEDICAL HISTORY

Please complete the medical history section below so that we can be sure to respond to any emergencies should they arise during your training. Please note that none of your responses would exclude you from being accepted into the program.

1. How would you evaluate your current health (Excellent, Good, Fair)? _____
2. Some challenges (Briefly describe)

3. Do you have any of the following conditions?
 - a. _____ Epilepsy?
 - b. _____ Diabetes?
 - c. _____ Pregnant, or plan to become pregnant during training?
 - d. _____ No, I do not have any of the above to my knowledge
4. Please list medications you are taking that were prescribed to you by a health care professional?

5. Please describe in detail any health issues:

ABOUT YOU

1. What is your professional and educational background outside of yoga?

2. Do you currently practice/teach yoga? If so, with whom/which style of yoga?

3. Do you currently work with children? If so, what do you do?

4. What do you wish to gain from this experience?

5. Why would you like to teach children yoga?

6. Is there anything else you would care to share that would help us know a little more about who you are and how you came to yoga?



<p>\$295 non-refundable deposit is due with your application. Full payment of \$1275 is required no later than start of series. Payment options are available.</p>			
<input type="checkbox"/> I am paying by check. If paying by check, please drop completed application and check to the desk staff. You can also mail the check. Please include driver's license number, State and expiration date on the front of your check. Checks payable to "Flow Yoga SLC".			
<input type="checkbox"/> I am paying by credit card. <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Amex <input type="checkbox"/> Discovery			
Credit Card#		Expiration date	
Name as it appears on the card:			
Is your billing address the same as your mailing address?			
<input type="checkbox"/> Yes			
<input type="checkbox"/> No. My billing address is:		Address:	
		City:	
		State:	Zip Code:
I hereby authorize the above payment of \$			Please initial:

I understand that if I fulfill all the requirements of Shiva Centre Kids Yoga Teacher Training, including in-class hours, homework, quizzes, and final exam, I will receive a certificate of completion, which can be submitted a prospective employer as evidence that I have completed a 100-hour Kids Yoga Teacher Training program.

I understand that Shiva Centre reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance ethical guidelines. Under such circumstances I understand I will not be refunded my tuition.

I understand that if I cancel 14 days prior to the start of the training, my \$295 deposit may be transferred toward a future Teacher Training and I will be refunded my remaining balance. If I cancel less than 14 days prior to the start of teacher training I will forfeit the \$295 deposit, but the remaining balance will be refunded. Once the program begins, tuition is non-refundable and non-transferable.

I understand that all Shiva Centre Teacher Training materials are under copyright protection and cannot be reproduced without the permission of the author. Failure to comply may result in legal action.

I have read and accept the above terms and requirements:	<input type="checkbox"/> Yes <input type="checkbox"/> No
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Student Name: _____ Student Signature: _____

Date: _____



