

**Flow Yoga SLC Kids Yoga Teacher Training Overview**

Thank you for your interest in Flow Yoga 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:**

We have changed the format of our program to accommodate the busy lives we all lead; we will offer each module twice this year (see below for specifics). Feel free to take the modules straight through for certification, or mix and match the ones that interest you most/fit your schedule best.

**Module 1: Introducing Children to Yoga**

**Yoga History & Philosophy**

What is yoga and how is it beneficial to children? We will look at the eight limbs of the yogic path and how they pertain to children and us as their 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 modules:

- Classroom Management
- Sequencing and counter poses
- Age appropriate routines
- Creating a focus, integrating themes and setting rhythm and tone
- Psychology and ethics of teaching

**Module 3: Learning Asana through Play**

Children's work is their play and that is the way they learn. As children move, their brain is developing and growing. In the following means, we will learn and grow with yoga. Asana, or 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 and 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**

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

**Module 5: Experiential Learning~Get out there & Teach!**

Just as children learn through experience, so will your learning grow as you find your own personal practice and continue in your education by:

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

**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

1-2-3 Magic: Effective Discipline for Children 2-12 by Thomas W. Phelan, Ph.D.

Peaceful Piggy Meditation by Kerry Lee MacLean

My Many Colored Days by Dr. Seuss

**Tuition:**

\$295 per module, or pre-pay for all five modules \$1275 (save \$200)! A \$295 non-refundable deposit due at time of application (applied to your tuition). If paying for all 5 modules, the remaining balance must be paid no later than 14 days prior to the start of the training. Payment arrangements in special circumstances can be made through the studio- e-mail info@flowyogaslc.com with questions.

**Schedule:**

All Modules are Friday Night 6-8pm, Saturday Afternoon, 1-5pm and Sunday Full Day 8am-5pm.

**Location:** All trainings are held at Flow Yoga East Millcreek, 2927 East 3300 South.

**2009 Dates:**

Please note that you only need to take each module ONCE for certification, we have listed two dates to give you flexible options!

**Module 1 Intro to Yoga:** January 9th-11th & August 14th-16th

**Module 2 Yoga in the Classroom:** February 13-15 & Sept 11-13

**Module 3 Learning Asana Through Play:** March 13-15 & Oct 9-11

**Module 4 Creating Peace with Breath, Meditation and Chanting:** April 3-5 & Nov 13-15

**Module 5 Experiential Learning:** May 15-17 & Dec 11-13

### Contact hours for Certification:

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 a log of classes attended at Flow Yoga SLC

Complete and turn in homework

Observe and/or assist in 8 children's yoga classes

Write 10 lesson plans and teach to a group of 3 or more children

### Application Requirements

Applications must include all of the following items, delivered in a sealed package. Incomplete applications will not be considered for acceptance.

- A. Completed application form.
- B. Letter of Recommendation from an employer or mentor (non-family).
- C. \$295 deposit. Deposit will be applied toward tuition if accepted and refunded if not accepted (less a \$75 fee for processing). If paying the deposit by check or money order, please make it payable to **Flow Yoga SLC** and attach to the application. Please note: if you wish to pay in full at the time of application, fill in the appropriate amount and method of payment in the "Payment Information" section of the Teacher Training Application.

### **Deliver Application To**

**Flow Yoga SLC**

**Attn: Jennifer Ellen Mueller & Brandi Allen**

**Re: KYTT Application**

**2065 East 2100 South**

**Salt Lake City, UT 84109**

### Acceptance Notification

Applicants who have been accepted will be notified via e-mail. If you do not use e-mail regularly, contact **Jennifer Ellen Mueller (801) 485-5933** on the acceptance notification date. 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: **Jennifer Ellen Mueller (801) 485-5933** Email: [jenniferellen@flowyogaslc.com](mailto:jenniferellen@flowyogaslc.com)

## Flow Yoga SLC Kids Teacher Training Application

APPLICANT INFORMATION		
Name:		
Address:		
City:	State:	Zip code:
Home phone:		Work phone:
Cell phone:		E-mail address:
Fax number:		Date of birth:
EMERGENCY CONTACT		
Name:		
Phone:	Relationship:	
PROGRAM DETAILS		
Which program are you applying for? ___ Single Module ___ Full Kids Program (5 modules)		
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.		
<ol style="list-style-type: none"> <li>1. How would you evaluate your current health (Excellent, Good, Fair)? _____</li> <li>2. Some challenges (Briefly describe) _____</li> <li>3. Do you have any of the following conditions?               <ol style="list-style-type: none"> <li>a. _____ Epilepsy?</li> <li>b. _____ Diabetes?</li> <li>c. _____ Pregnant, or plan to become pregnant during training?</li> <li>d. _____ No, I do not have any of the above to my knowledge</li> </ol> </li> <li>4. Please list medications you are taking that were prescribed to you by a health care professional? _____</li> <li>5. Is there anything else we should know about your medical history?</li> </ol>		

**ABOUT YOU**

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

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

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

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

6. Why would you like to teach children yoga?

7. 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?

PAYMENT INFORMATION			
<p>\$295 non-refundable deposit is due with your application. Full payment is required no later than the start of the program.</p>			
<input type="checkbox"/>	<p><b>I am paying by check.</b> If paying by check, please drop completed application and check to the desk staff. You can also mail the check to Flow Yoga SLC. Please include driver's license number, State and expiration date on the front of your check. Checks payable to "Flow Yoga SLC".</p>		
<input type="checkbox"/>	<p><b>I am paying by credit card.</b> <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Amex <input type="checkbox"/> Discovery</p>		
	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 the Flow Yoga SLC Kids Yoga Teacher Training, including in-class hours, homework, quizzes, and teaching assignments, I will receive a certificate of completion, which can be submitted to a prospective employer as evidence that I have completed a 100-hour Kids Yoga Teacher Training program.

I understand that Flow Yoga SLC 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 any 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 Flow Yoga SLC 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: \_\_\_\_\_