



**YogaKids Integrations | Level 2 Course Manual
Advanced Training Practicum (ATP)**

About the Course

Dear YogaKids Apprentice,

Welcome to YogaKids, the premier program in the world for teaching yoga to children! We are so excited to have you join our amazing community. Our intention is to help you feel supported and connected throughout your Integrations Level 2 Certification.

There are six units in total. Each course is a prerequisite to the following so you may not take the courses out of order. You may, however, submit as many assignments as you wish, in any order, within a particular course — but you should not advance to the subsequent course until all assignments have been reviewed and passed. A YogaKids Master Mentor will review your submissions and offer feedback as you work through each module. Please note: You will not be able to begin the First Steps course until you have attended your Foundations Training.

Thank you for your dedication, effort, and commitment to maintain YogaKids' high standards. Stay focused, have fun, and enjoy this incredibly worthwhile journey.

With love,
The YogaKids Team

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Unit 1: First Steps of Level 2

Meet this unit's Master Mentor:

Shannon Rosnau

Email: shannonrosnau@gmail.com

Shannon fell in love with YogaKids in the year 2000. Having discovered the original YogaKids VHS tape advertised in the classified section of Yoga Journal, she ordered it for her then 2 year old, and they started practicing together! Fast forward to 2016, 4 kids and a lot of life and yoga experience later, Shannon took the plunge and registered for a Foundations training. It was everything she had hoped it would be and more! Now a CYKT, she is passionate about supporting people as they strive to live their yoga! As a home school mama and a life coach, she is no stranger to assisting people, big and small, in charting their paths and achieving their goals. She herself completed the Level 2 training in just over a month; so she definitely knows this is possible! Shannon holds BA (hons) and MA degrees in Political Science from the University of Alberta. She trained as a life coach through CoachU. A 25 year practitioner of yoga, she is currently working to deepen her knowledge through a 200 hour adult yoga teacher training. Shannon is a "snowbird" who gratefully divides her time between Qualicum Beach, British Columbia and Palm Desert, California. She is blessed to share her life with her husband, 4 kiddos, golden retriever and grey kitty!

First Steps of Level 2: Foundations Reflection

Before beginning Level 2, you must first attend the YogaKids Foundations Training.

Assignment #1 - Foundations Reflection

Reflect on your Foundations experience. Share what inspired you to continue your training with YogaKids. (Include the Foundations date, location and trainer's name).

First Steps of Level 2: Liability Insurance

Before beginning your practicum work (and teaching yoga to children), you should obtain personal liability insurance. Though the threat of liability is small, it is real and you need to protect yourself. Liability insurance protects instructors against damages incurred or legal actions brought about by claimants and will cover the common causes or hazards that may occur. (If this does not apply in your country, please inform YogaKids by contacting customercare@yogakids.com. You will need to write a short letter to YogaKids explaining your exemption, and email the letter in place of a liability insurance policy.) It is recommended to have parents sign a liability release prior to children participating in your yoga class.

YogaKids International must be named as an additionally insured entity:

YogaKids International Corporation
19135 US Hwy12, New Buffalo, MI 49117
269-469-1300, customercare@yogakids.com

YogaKids does not endorse any particular insurance company. This list of suggestions is for your convenience only. Policies range from about \$100-\$200. Some companies charge \$10-\$25 per additionally insured entity, and some do not charge extra. You may obtain liability insurance from any insurance company that insures yoga instructors.

United States Options

Fitness and Wellness Insurance

www.fitnessandwellness.com

1-877-438-745

Yoga Insurance Plus

www.nacams.org

1-800-222-1110

Sports and Fitness Insurance Corporation

www.sportsfitness.com

1-800-844-0536

Lackner McLennan Insurance Ltd.

www.lmicanada.com/

1-800-265-2625

Canada Options

The Co-operators Group Limited

www.cooperators.ca/

1-877-545-2667

Canada Yoga Alliance

www.canadianyogicalliance.com

1-888-571-1172

Holman Insurance (Ontario)

www.holmanins.com

1-800-567-1279

**no yoga certification required*

Assignment #2 - Liability Insurance Submission

Email proof of liability insurance to your First Steps Master Mentor.

First Steps of Level 2: Class Resources

During the Advanced Practicum, you will be required to teach YogaKids classes in your community. Here are a few resources to help you in your journey.

The Master Pose List

You will learn all the different YogaKids poses as you work through the modules. There will be links to video samples of the poses to help you learn them as you go. The Master Pose List is a wonderful resource with an alphabetical list of all the poses, their descriptions, and body benefits for each YogaKids pose.

The YogaKids Pledge

The YogaKids Pledge is a powerful technique for beginning your YogaKids classes.

New Student Questionnaire

Be sure to have all your students/parents fill out a New Student Questionnaire. This contact information will allow you to promote all your upcoming YogaKids classes.

Liability Waiver/Photo Release

To protect yourself, your students and YogaKids International, take all reasonable precautions to ensure your students are safe. Be sure to have any student over the age of 18, and a parent/guardian of all students under 18, sign a release before participating in a YogaKids class. Maintain each signed form on file until the later of (a) the time the student attains the age of 24 or (b) three years from the date the student takes his/her last class with you.

YogaKids Lesson Plan Template

The YogaKids Lesson Plan Template is what you'll use to create all the lessons for the classes you'll teach.

Advanced Training Session Report

Self-evaluation is an important tool in the learning process. Each time you teach a lesson as part of your module work, you will be required to fill out an Advanced Training Session Report.

Advanced Training Session Report (Special Needs Class)

During Module 4, you will be teaching children with special needs. Use the Advanced Training Session Report (Special Needs) at this time.

YogaKids Apprentice Logos

As a YogaKids Apprentice, you have access to YKA logos to promote your classes. + [link](#)

Creating Classes in Your Community

As you work through the Advanced Training Practicum, you will be responsible for organizing and scheduling your YogaKids classes – and this includes finding your students! As you approach this, keep in mind that children are everywhere. Below are some ideas for arranging teaching possibilities. Plan ahead. We all have busy schedules in these times, and kids are no exception. Most people will be very thankful you approached them with this opportunity. Enjoy the process and allow the opportunities to unfold. Remember, the number one way to secure paying jobs is to begin by volunteering.

- Your Own Backyard
- Local Schools
- Girl and Boy Scout Troops
- Big brothers, Big sisters
- Local Libraries
- Local Bookstores
- Yoga Studios
- YMCA/YWCA or Health Clubs
- Festivals/Community Gatherings
- Parks and Recreation Centers
- Juvenile Detention Centers
- Local children's museums
- Community Centers/Community Education
- Daycare Centers
- Community Shelters
- Hospitals or Other 'Care' Facilities for Children
- Nature Centers
- Onsite Business Childcare Centers
- Churches/Synagogues
- Children's Theatre groups.
- Martial Arts and Gymnastics Studios
- Most importantly, anywhere that will accept you as a VOLUNTEER!

First Steps of Level 2: Your YogaKids Mission

A mission statement can be a powerful tool for obtaining your goals. When completing your mission statement, consider these questions: "What are your intentions for this program? What do you envision for yourself?" This statement may include your goals regarding spirituality, personal growth, service, finances, business, benefits to children or anything that helps you solidify your mission. Remember, "Energy always follows through." Writing it is the first step towards manifestation.

Assignment #3 - Mission Statement

Share your mission statement via email to your First Steps Master Mentor. (Add to, update or edit your original mission statement from Foundations.)

Module 1: Introduction

Welcome to Module 1 of the **YogaKids Advanced Training Practicum** – Level 2 of the YogaKids Certification Program. We are so excited to have you join our amazing community. Our intention is to help you feel supported and connected throughout journey. You have many avenues in which to receive guidance along your journey towards certification: the YogaKids Now! Teacher Forum on Facebook, our online website forums, your Master Mentors for each module and – of course – myself!

This independent study course is designed to be completed in four to six months. Each module averages 10-20 hours of homework. By setting aside five hours per week, each module can be completed in two to four weeks. We encourage you to set realistic goals to complete each module, based on your available time to focus on YogaKids. Think of it as “your own time” and enjoy! Also, you may submit as many assignments as you wish, in any order, within a particular module. Master Mentors will review your work and provide feedback. Once all assignments are reviewed, you may access the next module.

During Module 1, you will need to teach (at least) 2 YogaKids classes. One lesson plan is provided, and one will be your original creation, to be turned in as an assignment. Throughout the Level 2 Training, you will be required to teach at least once for each of the three designated age groups (2-6, 7-11, and 12 and up). Because we cover the topic of teaching teens in a later module, we suggest you focus on ages 2-6 and 7-11 at this time. Also throughout this module, we ask that you cultivate your personal yoga practice. As such, you are required to attend at least one adult yoga classes with a Registered Yoga Teacher and obtain a signature on the provided form during each module.

Please remember an important part of your process is maintaining consistent communication with our Master Mentors in the YogaKids Community in the online forums and by joining the monthly Master Mentor Conference calls. Setting aside 5 hours per week can help you complete Module 1 in 2-4 weeks. Stay focused, have fun, and enjoy this incredibly worthwhile journey. Thank you for your dedication, effort, and commitment to maintain YogaKids’ high standards.

We wish you the best of luck!

Meet Your Module 1 Master Mentor

Tamara Semple

Email: tamarasemple@gmail.com

Tamara (Tammy) is a RYT-200, CYKT and Certified Girlvana Teacher. She began teaching in 2002 and has been teaching children exclusively since 2014. Her work takes her to numerous schools within 2 school districts, community centers and private classes in her area where she shares yoga, self-regulation techniques and mindfulness practices. Her students range from Kindergarten to twelfth grade and she believes one day her own children will jump on the yoga train too!

Tamara is a mother of two kick-butt kids and one adorable pug. The three of them, along with her husband, are her motivating force to practice being a mindful yogi in all she does and with all those she encounters. As a mentor for YogaKids, Tamara is excited to give back to the community that has inspired her to be a positive presence in the lives of kids. Yoga and mindfulness make Tamara's world go round and she is honored to live a life that allows her to teach, mentor and share it with her people.

Module 1: Overview

The YogaKids Elements and Module 1 Poses

The YogaKids Elements are the building blocks of our classes and teaching methodology. Influenced by Howard Gardner’s theory of multiple intelligences, the YogaKids model uses the 14 Elements to teach yoga to children in a way that addresses all the different learning styles. Each of the YogaKids Elements correlates to specific types of intelligences. (For example, the Quiet Quests Element teaches to our “Interpersonal Intelligence.”) The more Elements you include in your lessons, the more learning opportunities you can provide.

The 14 Elements are the core of the YogaKids program and are its most vital component. They are designed to stimulate and teach a multitude of ways to perceive and access information, creating a matrix for learning. Understanding the Elements will be extremely helpful to you when creating lesson plans or explaining the YogaKids way to others. In your classes, you may choose to use one or more Elements, or any combination of Elements, to teach children using their bodies as vehicles for comprehensive learning. The more Elements you can incorporate into each lesson, the more diverse and dynamic your classes will be. Below is a table that includes all the Elements and their corresponding modules:

Module 1	Module 2	Module 3	Module 4
<i>Awesome Anatomy</i>	<i>Musical Musings</i>	<i>Bridge of Diamonds</i>	<i>Affirmations</i>
<i>Body Benefits</i>	<i>Reading Comes Alive with Yoga (RCAWY)</i>	<i>Laughing Language</i>	<i>Ecological Echoes</i>
<i>Brain Balance</i>	<i>Quiet Quests</i>	<i>Math Medley</i>	<i>We All Win</i>
<i>Poses as Pathways</i>	<i>Visual Vignettes</i>		

The YogaKids Poses

Module 1 introduces you to a selection of our YogaKids poses. These kid-friendly poses offer similar body benefits as traditional asanas. They also serve as an entry point for educating the whole child. By combining poses and the YogaKids Elements, we create a matrix for teaching children about themselves and the larger world in a way that addresses all their unique gifts. All the YogaKids poses are organized into 20 different categories. Poses are categorized either by theme (“Edible,” “Feathers,” and “Wet,” for instance) or by similar body benefits (“Poses of Completion,” “Peace and Quiet,” “Upside Down,” to name a few). You aren’t required to memorize the different categories, though being familiar with them can help you remember the poses and plan your lessons.

The following categories include the poses you will learn in Module 1:

- Airborne
- Brain Balance
- Edible
- Strength and Courage
- Upside Down

Assignment #1 - YogaKids Sample Class

Watch and play along with this sample YogaKids class. Pay attention to the structure of the class and the energy of the children. Write a paragraph to share your observations about the class.

[*Click here to see the Assignment 1 video.*](#)

Assignment #2 -Elements Mind Map Upload

Create a mind map, poster or outline to help you memorize the 14 YogaKids Elements. Use this throughout your Advanced Training Practicum to help you understand and utilize the Elements.

Assignment #3 - Practice Module 1 Poses

Begin learning the Module 1 poses by incorporating them into your personal practice. View and print the Module 1 Pose Packet to assist in learning the poses. Use the Suggested Sequences for Module 1 for a fun flow to practice which incorporates the Module 1 poses. Write a paragraph about your experiences with the poses. Explore the energetic effects of the pose. Notice which poses help you feel calm, focused or energized. Which poses resonate with you?

Module 1: The Module 1 Elements

The Poses as Pathways Element

The Poses as Pathways Element will be in every lesson plan you teach – as every YogaKids pose can become a pathway to learning – launching the whole brain-body education system and learning kinesthetically.

The poses are the stepping-stones to all the other Elements, which create even more avenues for learning. You can also use a pose to teach other concepts (beyond the YogaKids Elements), such as nutrition, astronomy, philosophy and more. The body moves and the brain creates new neural pathways, increasing learning potential. Get creative, have fun and educate the whole child through yoga.

The Body Benefits Element

YogaKids poses are beneficial for every body, physically, emotionally and psychologically. Sharing these benefits with children helps them learn about their bodies and how to use yoga to improve balance, flexibility, strength and mental well-being. By sharing this knowledge with kids, you include the Body Benefits Element in your class. As you become a more experienced YogaKids teacher, you will want to begin tailoring your classes to the specific needs of your students. To do this, you should be aware of how different poses can be beneficial in different situations. The Body Benefits for each pose are listed in the Master Pose List. Use this resource when completing the following assignment.

The Awesome Anatomy Element

The Awesome Anatomy Element teaches kids about anatomical concepts. Unlike the Body Benefits Element, which teaches kids how the poses can benefit their bodies, this Element focuses on the scientific aspects of the human body: what it's made of and how it works. Because all the poses involve the body in specific ways, they all offer an opportunity to engage this particular Element. Be sure when teaching this Element to use age-appropriate language. For example, "thigh bone" is more appropriate for younger children than its scientific name, "femur."

The Brain Balance Element

The Brain Balance Element stimulates communication among the nervous, endocrine, and respiratory systems. The poses in the Brain Balance category focus on crossing the mid-line of the body; by linking movement and breath, communication is fostered between the left and right hemispheres of the brain. This, in turn, strengthens and balances the relationship between the brain and body, creating an optimum state for learning. When engaging in new activities (or old activities in new ways), the brain increases the number of synapses between neurons. The

capacity of the brain to change with learning is called neuroplasticity. The Brain Balance Element can be integrated into any YogaKids pose by modifying the pose to cross the mid-line of the body, adding eye movements, allowing the head to be lower than the heart or engaging the senses.

Assignment #4 - Incorporating Elements

Choose one pose from each of the five categories in Module 1 and share your ideas for incorporating the Module 1 Elements for each of the five poses. Each pose should have four examples, one for each Element (Poses as Pathways, Body Benefits, Awesome Anatomy and Brain Balance).

Pose: Swinging Pretzel (Tolasana)

Category: Edible

Ages: 7-11

Awesome Anatomy: There are no muscles inside the fingers. The muscles, which bend the finger joints, are located in the palm of the hand and in the middle of the forearm. These muscles connect to the finger bones by tendons, which pull on and move the fingers like the strings of a marionette.

Body Benefits: This pose strengthens the wrists, arms, and abdomen. It also builds strength and flexibility in the knee, hip and ankle joints.

Brain Balance: To help balance the brain, add a twist to this pose. Ground the sitting bones, place right hand on left knee, and look over the left twist so far that you look into the eyes of your friend. Switch sides by placing left hand on right knee, looking over the right shoulder.

Poses as Pathways: When invented, the loops in pretzels served a practical purpose; bakers could hang them on sticks.

Assignment #5 - Pose Recommendations

Suggest three poses from Module 1 (one pose that you would recommend for each of the following situations): 1. A 13 year-old boy wants more upper body strength. 2. A 7 year-old girl wants better balance. 3. A 9 year-old girl wants more flexibility in her hamstrings. Explain the body benefits of the three poses and why the pose would be helpful in each particular circumstance.

SAMPLE ANSWER

Element: Body Benefits

A seven-year-old girl who wants better balance would benefit from Tree/Leaf (Vrksasaan) pose. In Tree/Leaf pose, one must concentrate and focus to stand on one leg. Once this is mastered, having the student sway their branches (upper body) in the wind adds an additional challenge. Another advanced option is to extend the arms overhead in a "V" shape and look skyward.

The Body Benefits of this Pose: Tree pose strengthens the thighs, calves, ankles and spine. It stretches the groins, inner thighs, chest and shoulders. It also improves balance, concentration, and focus.

Assignment #6 - Awesome Anatomy Elements

Choose one pose from each of the five Module 1 categories and describe how you would use the Awesome Anatomy Element to teach about the human body; include the appropriate age range for each example.

SAMPLE ANSWER

Pose: Lunges

Category: Strength and Courage

Element: Awesome Anatomy

Ages: 7-11

While doing lunges, we are using our leg muscles. The large muscles of our upper thighs are called quadriceps. How many different muscles do you think make up the quadriceps? Quad means 4! In yoga, we like our bodies to be balanced. Each muscle has an opposing muscle, or muscle group, to create balance in the body. The hamstrings, on the backs of our upper legs, are opposite our quadriceps.

Assignment #7 - Brain Balance Poses

Choose one pose from each of the five categories in Module 1 and creatively modify them so they cross the mid-line of the body and become a Brain Balance pose as well; include the appropriate age range for each example.

SAMPLE ANSWER

Pose: Peanut Butter and Jelly

Category: Edible

Ages: 2-6, 7-11

While spreading the peanut butter and jelly on his or her body, have the student use the right hand to spread PB&J on the left side by reaching around the side waist and down the outside of the left leg all

the way down to the left foot. Then, use the left hand to spread the PB&J around the right waist and down the right leg.

Module 1: Lesson Planning

Begin with an Idea or Theme

The first step to creating an engaging YogaKids class is to begin with an idea or theme. This can be one of the YogaKids Elements, a book, stuffed toy, educational concept, holiday, location, philosophy, current event etc. Choose something that interests you, as your enthusiasm and energy will be felt by the children. Keep the age of the intended students in mind – so they are interested as well.

Create a Mind-Map

Begin with an idea or theme in the center of the paper, branch out from the central theme and create subtopics — draw pictures, list poses or doodle! Let your creativity flow. For the 7 continents lesson plan, the subtopics were the 7 continents. Then pose ideas were correlated with each continent: what animals might be found on each, what might we see, encounter or experience. Incorporating action and movement poses enabled the lesson plan to flow from continent to continent. (The Mind-Map example can be found in the YogaKids Foundations Manual or [click here to view.](#))

Organize your thoughts

While viewing your mind-map, create an order to your ideas. If subtopics do not exist, take a moment to put the poses in a logical order. Consider Discussion points and a Centering Activity that will introduce the theme and bring the class together. Begin with Seated poses, then move to Standing and Balancing, followed by the more challenging poses and games once their bodies are warmed up. Then return to Seated poses to calm down, read and allow for Quiet Quests and Closing.

Incorporate the YogaKids Elements

Once there is a basic structure to the class, determine HOW you will incorporate the YogaKids Elements into the poses, keeping the intended Age Group in mind (2-6, 7-11, 12+). Remember, the 14 Elements are based on the 8 different intelligences, so the more Elements that are included in the lesson plan, the higher the likelihood each and every child will feel a connection to their teacher and the class. Try to include at least one example for each of the Elements in each lesson plan you create. This is the magical ingredient which makes YogaKids classes so special and unique!

Fine Tune Your Lesson Plan

Using the YogaKids Lesson Plan Template, answer the questions and add more details. Lesson plans should be created in such a way that ANY YogaKids teacher could teach the class without

the need for more information. Include a detailed Materials List, so the teacher knows exactly what they need to bring. Identify any Key Elements that are the focus of the lesson plan. Create a Short Description on the topic, as an overview and reminder of the theme. Add Discussion Points to share with the children; ask questions, include facts and help introduce them to the theme of the day – which leads to a Connecting Circle and beginning the class. Poses As Pathways/Integrate the Elements should include a bullet point list of YogaKids poses, with the names of the Elements and the detailed examples of HOW the Elements were introduced during each pose. If any Musical Musings or Reading Comes Alive With Yoga were used, include the titles, artists and authors, as well as when and how they were added to the class. List any Visual Vignettes with instructions or Quiet Quests, and conclude the lesson with a Closing Circle. The more detailed the lesson plan, the greater resource it will be and the easier it will be to teach.

Assignment #8 - Master Mentor Call

Listen to the **Master Mentor Call on Lesson Planning** for tips on how to create an amazing YogaKids lesson plan. (All Mentor conference calls are archived in the YK University.) Was there a comment or suggestion that resonated with you? Write a short paragraph reflecting on the information presented.

Assignment #9 - Lesson Plan Mind Map Submission

Create a Mind-Map for a Lesson Plan titled “My Brilliant Brain and Beautiful Body” which focuses on the Awesome Anatomy and Brain Balance Elements. Email your file to your Module 1 Master Mentor or take a picture of your project with your phone.

Assignment #10 - Organize Your Thoughts

Organize your thoughts. AGE GROUP: For which age group is your lesson plan intended (2-6, 7-11, 12+)? SHORT DESCRIPTION/TOPIC: Provide a brief overview of the lesson for the teacher. DISCUSSIONS POINTS: What are some specific ideas you will present for discussion with the children? CONNECTING CIRCLE: How will you begin your class and introduce the theme?

SAMPLE ANSWER

AGE GROUP: 7-11

SHORT DESCRIPTION/TOPIC: Students will learn about anatomy (muscles, bones and joints) and the body benefits of yoga poses. Children will learn both the everyday and scientific names of body parts, and will cultivate an appreciation for their bodies and how they work by using repetition, reinforcement and fun.

DISCUSSION POINTS: *Learning about our bodies is important, interesting, playful and awesome! We will learn both the everyday names and the scientific names of some body parts. It is important to take care of our bodies, because it is the only one we get! There is more to your body than what you see in the mirror. Understanding your body and how it works will help you make healthier choices to become the best version of yourself. Today we are going to have fun while doing something great for our bodies.*

CONNECTING CIRCLE:

- *Give each child a little plastic skeleton to place on their mat as a focal point.*
- *Recite the YogaKids Pledge.*
- *Introduce the theme of the class and review discussion points.*
- *Name Game: Go around the circle and say your name followed by a body part that begins with the same letter as your first name (examples: Marsha Mandible, Ellen Elbow, Hannah Hand). Wave at your new friends with that body part.*

Assignment #11 - Incorporate YogaKids Elements

Incorporate the YogaKids Elements. **KEY ELEMENTS:** On which Elements does the lesson plan focus? **POSES AS PATHWAYS/INTEGRATE THE ELEMENTS:** Include a bullet point list of the YogaKids poses (in sub-topics when appropriate) for your lesson plan. Provide the specific detailed example of what you will say to highlight an Element and list the Element you integrated into that pose. (Descriptions of how to do the poses are not necessary)

SAMPLE ANSWER

KEY ELEMENTS: Awesome Anatomy, Body Benefits and Brain Balance

POSES AS PATHWAYS/INTEGRATE THE ELEMENTS:

Hemisphere Check

Sit quietly with closed eyes. Bring your attention to your brain. Did you know our brains are actually two separate halves, connected by the corpus callosum? Check out both the right and the left hemispheres (sides) of your brain. Does one side feel larger, fatter or denser than the other? Are they different colors? Is one darker than the other? Just notice the differences. Brain Balance, Awesome Anatomy

Open My Wings (from heel sitting)

Birds use their feet for climbing, running, hunting, walking on water, incubating eggs, improvised fishing lures and even temperature regulation. In what ways do you use your feet? Ecological Echoes, Bridge of Diamonds

Sunrise/ Sunset

Stretch the intercostal muscles of the rib cage, increasing lung capacity. Fun Fact: The sun's surface

temperature is around 9941 degrees Fahrenheit, so pack plenty of sunscreen if you plan on visiting!
Awesome Anatomy, Ecological Echoes

Elbow to Knee/Reverse

Hand to Foot Touch your elbow to your knee (patella). What is the funniest bone in the body? The humorous! Three bones join together at your elbow; the humerus, radius and the ulna. In this pose we are crossing the midline or middle of the body which helps to build pathways in the brain. Awesome Anatomy, Brain Balance

Warrior Series with Affirmations (Virabhadrasana)

Strengthen your ankles, calves, knees, thighs (quadriceps) and bottom (gluteus maximus). "I am strong. I am bold. My own power, I will hold!" Awesome Anatomy, Body Benefits, Affirmations

Eagle (Garudasana)

Female eagles lay one to three eggs in early spring and are close in size to a tennis ball. The female incubates the eggs for about 35 days. Eagle chicks are the fastest growing bird in North America, at 6 weeks old a healthy chick should weigh between 8 and 9 pounds. Ecological Echoes

Throw and Grab

Throw up a scarf with your right hand and catch it with your left. Now say the word "right" when we throw it and say "left" when we catch it. Switch and throw "left" catch "right." Try it with a friend. Don't forget to cross the middle of your body. Brain Balance, We All Win

Tree/Leaf (Vrksasana)

Let's create a circle of trees. Standing in tree pose, press your palms into the hand of the person to your left and right, using each other for balance. We have 27 bones in each hand, how many bones do you have in both hands together? 54. Awesome Anatomy, Math Medley, We all Win

Pendulum Kicks

Putting weight on the hands helps to build strength in the upper body and core. It also helps to drain our lymph system, boosting our immunity. Why do you think this pose is called a pendulum? What is a pendulum? (A weight hung from a fixed point so that it can swing freely backward and forward, like the weight that regulates a clock). Body Benefits, Math Medley

Baby Airplane and Jumbo Jet (Salabhasana)

This pose strengthens the muscles of the back, legs and arms. It also strengthens our diaphragm, the muscle below the lungs that plays a major role in our breathing. As it contracts downward, we have more room to inflate our lungs! Awesome Anatomy, Body Benefits

Table of Contents (Purvottanasana)

Is anyone hungry? Let's pretend to set the table for dinner. Can you think of a food or drink that starts with the same letter as your first name? For example, Marsha is eating Meatballs and Sara is drinking strawberry lemonade. Laughing Language

Bow and Arrow (Akarna Dhanurasana)

"An arrow to the heart" comes from Greek and Roman mythology. Cupid would shoot an arrow at people to make them fall in love, so "an arrow in the heart" means love. What makes you happy? Flowers, gumdrops, smiles? Let's shoot that to our friends with our bow and arrow. Shoot it to the left and to the right, share your happiness with everyone! Bridge of Diamonds

Hot Air Balloon

Play "Up Up and Away" by the 5th Dimension or another appropriate song. Musical Musings

Peanut Butter and Jelly (Paschimottanasana)

Spread peanut butter and jelly all over your head (cranium), spread it down your arms to your fingers (phalanges). Now reach down and spread it between your toes (also called phalanges). Is there anything else you want to add to your sandwich? Bananas? Sprinkles? Marshmallows? Put them on the different body parts and name them as you go. Now reach up, fold forward and squish the two pieces of bread together! This is a great stretch for the backs of your legs (hamstrings) Yum! Awesome Anatomy, Body Benefits

Twist and Blow

While holding your twist, allow your body to go deeper as you breathe out (exhale). Twisting gives our bellies a little massage. It helps to clean our bodies from the inside. Our backs have 26 bones (vertebrae) from our neck to our tailbone; 24 individual and 2 fused. An easy way to remember is that there are also 26 letters in the alphabet. Our spine has 3 sections; cervical spine (neck) has 7 bones. I remember because I eat breakfast at 7am. The thoracic spine (upper back) has 12 bones that connect to our rib cage. I remember because I eat lunch at 12pm. The lumbar spine (low back) has 5 bones. That is right, I eat dinner at 5pm. The last two fused bones are the sacrum and the tailbone (coccyx). Body Benefits, Awesome Anatomy

Assignment #12 - Fine-Tuning

Fine tune your lesson plan. MUSICAL MUSINGS: Did you include any music? If so, when and how? READING COMES ALIVE WITH YOGA: Include any books you plan to use. VISUAL VIGNETTES: Include and explain any art projects. QUIET QUESTS: Include any guided visualizations or relaxation activities. CLOSING CIRCLE: How will you end your lesson? MATERIALS: Looking back at the lesson plan and activities, create a complete list of materials needed for your lesson.

SAMPLE ANSWER

MUSICAL MUSINGS: Play "Dem Bones" and teach the students the words. Have them point out the body parts as they are mentioned in the song.

READING COMES ALIVE WITH YOGA: Dem Bones by Bob Barner

VISUAL VIGNETTE: Make skeleton crafts using various craft materials (sticks, toothpicks or straws as bones, marshmallows, buttons or gumdrops as joints). It can be glued onto a board or paper for stability.

QUIET QUESTS: Practice Lemon Toes and read Magic Cloud Carpet Ride (page 108-109 in the YogaKids book)

CLOSING CIRCLE:

- *What is your favorite joint, bone or muscle? Give it a kiss and thank it for doing a good job!*
- *Grugging*
- *Namaste Song*

MATERIALS: CD/MP3 player, diagram of the body or skeleton display, small plastic skeletons for each child, "Dem Bones" book, Visual Vignette craft supplies (sticks, toothpicks, straws, buttons, gumdrops, paper, boards, glue, scissors).

Module 1: Loving Language

Loving Language

Teaching yoga to children is very different from teaching yoga to adults. Though many of the physical benefits are the same, children want to move, play and be silly. Incorporating the 14 Elements is essential for YogaKids classes to become interactive and engaging! However, children do not want to be lectured or feel the teacher is talking “at” them. Finding balance is key – offer educational content, but keep the classes fun! Information should be shared while the children are practicing a pose. It may help them hold the pose longer and tap into their learning style!

The language we use in class can make a subtle difference in the way the message is received. Using inclusive language, such as “Let’s do Moo/Meow pose” or “We are going to play a game” enables children to feel included and supported. Avoid using “I” statements; focus on the group as a whole. Adding action words, instead of commanding words (like “Twisting our spines in Twist and Blow pose” or “Stepping our foot forward for Bold Warrior”) keeps the class flowing together. Staying focused on the process and how a pose feels, and not the goal of a pose or how a pose looks, enables everyone to succeed – and in YogaKids, We All Win!

In adult yoga classes, there is little interaction between teacher and student. However, in YogaKids classes, we want the children engaged and interactive! Maintain the structure of your class, but still be open to their ideas so they feel heard. Consider offering time at the end of class for children to share: “That sounds fun, if we have time at the end of class, we can try it.” Asking questions is a great way to engage the children while maintaining control of the class. Calling on one child at a time will encourage participation and attention. Asking the class a question such as, “Do you know how many vertebrae are in a giraffe’s neck? That is right, 7, the same as humans!” enables the YogaKids elements to become interactive!

There are many great language suggestions in the Foundations manual (“Guidelines for Teaching YogaKids Classes”).

- Offer kindness, love, understanding, appreciation and acceptance.
- Be clear in your intention and gentle in your approach with ‘corrections.’ As long as the children are doing the pose safely, leave them in their greatness.
- Encourage the children to discover and experiment. Allow them to make mistakes, plant seeds and let go of the pursuit of “perfect yoga.”
- Teach them to honor and take care of their bodies. Show compassion and kindness towards others.
- Read and discuss the YogaKids pledge.

- Be conscious of your tone of voice and physical demeanor. Instead of “Don’t do that,” try rephrasing “Perhaps try it this way instead.”
- Live your yoga. Model peace, compassion and love. They will follow.

Assignment #13 - YogaKids (Original/Yoga Basics) Video

Watch, study and play along with the YogaKids Original/Yoga Basics DVD. Pay attention to the directions and the use of language. Notice that direction is concise, simple, and easy to follow. What are the highlights of this DVD for you? Write a paragraph to share your observations about the DVD.

Assignment #14 - Guidelines for Teaching

Review the “Guidelines for Teaching YogaKids classes” in the Foundations manual. Which suggestion do you think will be the most challenging for you to implement while teaching a YogaKids class and why?

Module 1: Yoga Philosophy and Lifestyle

Begin to “Live Your Yoga”

In *Living Your Yoga*, Judith Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life. By reading and reflecting on this text, you will deepen your relationships with yourself, your family and friends, and the world around you.

Start a Personal Practice and Journal About Your Experiences

Also, as a YogaKids Apprentice and future Certified YogaKids Teacher (CYKT), it is essential that you have a regular personal yoga practice. The essence of your teaching will come from your own experience. A regular yoga practice will enhance your well-being and give you the confidence and authenticity to plan and teach YogaKids classes. Try to commit to a daily practice of at least 20 minutes and focus on the poses from Module 1 (suggested sequence available here). You can also include meditation and/or breath work.

To explore your journey to the fullest, you are required to keep a personal practice journal. While you don’t need to write it in daily, we ask that you journal enough to record your growth, challenges, and insights. Suggestions for your journal: Did anything come up for you during practice? Were you able to let go of judgements or expectations? Did you encounter any struggles or challenges? How did you handle them? Did anything in particular resonate with you about the class? How did you feel afterwards? Include the date, location, teacher, duration and style of class in your journal. Entries should be at least one paragraph in length and content.

Attend Adult Yoga Classes

Throughout the duration of this module, you will need to attend at least one adult yoga class with a Yoga Alliance Registered Yoga Teacher (RYT). This will help you cultivate your personal practice and satisfy a contact hour requirement for Yoga Alliance. You will need to include proof of attendance by completing the Adult Yoga Class Attendance Form (*International YKAs may attend yoga classes, and obtain signatures, from yoga teachers with equivalent training and experience to a RYT).

Suggested Resources for Cultivating a Daily Yoga Practice

- Rodney Yee's Daily Yoga (available on DVD or i-Tunes)
- OM Yoga: A Guide to Daily Practice by Cyndi Lee
- YogaJournal.com (library of free videos)
- YogaGlo.com (online classes available for purchase)
- The Woman's Health Big Book of Yoga by Kathryn Budig

Assignment #15 - Awakening Awareness of Living Your Yoga

Read *Part One: Awakening Awareness of Living Your Yoga* by Judith Lasater. Reflect on her insights. How has the study of yoga impacted your relationship with yourself? What insights from this section of the book resonate with you? Write 3-5 paragraphs.

Assignment #16 - Personal Practice Journal Upload

Submit three entries from your personal practice journal. Each entry should include the date, class style, teacher and be at least one paragraph. *Note: Your journal submissions are private and will only be viewed by your YogaKids mentor – this is an opportunity for self-inquiry and discovery!

Assignment #17 - Adult Yoga Class Form Submission

Attend one adult yoga class and obtain the required signature. Email the completed Adult Yoga Class Attendance Form to your Module 1 Master Mentor.

Module 1: Teaching the YogaKids Way

Teaching the YogaKids Way

You will teach two lesson plans in Module 1. One lesson plan (“Giraffes Can’t Dance”) is provided for you. The second lesson plan, is your original creation from the previous lesson “My Brilliant Brain and Beautiful Body”. Use the YogaKids Lesson Plan Template to organize your original lesson plan and ideas. Before you teach, you should spend time observing children and journaling about the experience.

Each lesson plan you teach requires an accompanying session report. Self-evaluation is an important part of the teaching process. Read the Advanced Training Session Report before teaching — and complete it as soon as possible after teaching the class while the answers to the questions are still fresh in your mind (keep a copy on hand for reference). You will answer questions such as; how did you feel during and after the session, what was the energy like, did you modify your lesson, how did the children respond, were there any classroom management issues and what did you learn from teaching the class?

YogaKids Class Specifications for Module 1

- Required Number of Students: 3 or more
- Required Length of Class: 30 to 60 minutes
- Fee: You can charge for your classes or volunteer
- Location: Any appropriate location (classroom, studio, gym, park, your living room, etc.)

Age Ranges for Classes

There are three designated age ranges to which you can teach YogaKids classes. During the course of your Advanced Training Practicum (ATP), you are required to teach at least 1 class to each age range. You will create 10 specific lesson plans and teach a total of 11 YogaKids classes throughout your ATP. As the topic of teaching teens will be covered in Module 3, we ask that you focus on the younger students if possible, but teach to an age range that is most comfortable and accessible to you for Module 1. The designated age ranges are as follows:

- 2-6 year-olds
- 7-11 year-olds
- 12 and up

Note: We understand that the students in your classes may not fall exactly into these age ranges. Plan and market towards these age groups as best you can. If the median age of the students is within the appropriate range, the requirement will be met.

Assignment #18 - Teach "Giraffes Can't Dance"

Teach the provided lesson plan "Giraffes Can't Dance." Modify the lesson to meet your needs or to include your original ideas. Write a paragraph about your modifications.

Assignment #19 - "Giraffes Can't Dance" Session Report Submission

Submit the Advanced Training Session Report for your "Giraffes Can't Dance" lesson.

Assignment #20 - "My Brilliant Brain and Beautiful Body" Lesson Plan

Use the YogaKids Lesson Plan Template to finalize and teach your original lesson plan "My Brilliant Brain and Beautiful Body" from the previous lesson. Be sure to focus on the Awesome Anatomy and Brain Balance Elements.

Assignment #21 - "My Brilliant Brain and Beautiful Body" Session Report

Submit the YogaKids Advanced Training Session Report for your "My Brilliant Brain and Beautiful Body" lesson.

Module 1: Evaluation and Review

Congrats! You're almost done with Module 1! Please wait for a confirmation that all your work has been completed and graded for Module 1 before beginning Module 2. Namaste!

Assignment #22- Original Great Idea

Submit a paragraph detailing an original idea from this module for incorporating a YogaKids Element into a lesson. This may be shared with the YogaKids community in our monthly newsletter, Elements in Action, and may be archived in our Great Ideas Library (accessible for all Certified YogaKids Teachers).

Assignment #23 - Great Idea Photo Submission

Email a photo of your great idea to your Module 1 Master Mentor!

Module 2: Introduction

Welcome to Module 2 of the Advanced Training Practicum – Level 2 of the YK Certification Program. We hope you have found ideas and support on the YogaKids Now! Teacher Forum on Facebook and our online forums on the YogaKids website. We have an amazing community of teachers and we are so excited you are here! Our intention is to help you feel supported and connected throughout your journey.

As a reminder, this independent study course is designed to be completed in 4-6 months. Each module averages 10-20 hours of homework and can be completed in 2-4 weeks by setting aside just 5 hours per week. The first module is typically the most challenging, as you familiarize yourself with the ATP format and designate some personal study time. Check in with your completion goals and identify if you need to make any adjustments to your commitment or personal schedule.

During Module 2, you will need to teach (at least) 2 YogaKids classes. The lesson plans for these classes will be your original creations, following the YogaKids lesson plan guideline and will be turned in as assignments. Remember, you will be required to teach at least one of the 11 classes you teach during your ATP, to each of the three designated age groups (2-6, 7-11, and 12 and up). Because we cover the topic of teaching teens in Module 3, we suggest you focus on ages 2-6 and 7-11 at this time. If you taught one of those age groups in Module 1, consider exploring the other age group in Module 2. Also through this module, we ask that you continue to cultivate your personal yoga practice. As such, you are required to attend at least one adult yoga classes with a Registered Yoga Teacher and obtain a signature on the provided form during each module.

Please remember an important part of your process is maintaining consistent communication with our Master Mentors in the YogaKids Community in the online forums and by joining the monthly Master Mentor Hangouts. Setting aside 5 hours per week can help you complete Module 2 in 2-4 weeks. Stay focused, have fun, and enjoy this incredibly worthwhile journey. Thank you for your dedication to sharing the joys of yoga with the children in your life! Your commitment to teaching the whole child is a special gift they will treasure! Enjoy the journey!

Meet Your Module 2 Master Mentor

Amy Cohen

Email: talkingyoga@yahoo.com

Amy has been a practicing Pediatric Speech-Language Pathologist for over 20 years and has treated a lot of children in Early Intervention, Preschool and School Ages on Long Island, NY. After completing her YogaKids certification (because she needed more yoga!), Amy became a 200 hour Yoga Alliance certified Teacher and has recently completed her 500 hour Yoga Alliance certification. She is continuing in her yoga education to become a Yoga Therapist with Cora Wen of Yoga Bloom and wants to take this education to continue working with the Special Needs population. In addition to her speech practice, she currently teaches Yoga Kids classes, Special Needs classes and classes for Teens and Adults.

Module 2: Overview: The Module 2 Elements and Poses

The Module 2 Elements

Module 2 focuses on vinyasa flows (linking yoga poses together in a flowing sequence), the Iyengar style of yoga, guided imagery, progressive relaxation, and 4 of the 14 YogaKids Elements. As you progress with your at-home study, continue to cultivate your personal yoga journey with a regular practice, journal entries, and adult yoga classes. The Elements you will focus on in Module 2 include:

- Musical Musings
- Reading Comes Alive With Yoga
- Quiet Quests
- Visual Vignettes

The Module 2 Poses

The following categories include the poses you will learn in Module 2. Being familiar with these can aid in lesson planning.

- Changes
- On My Own Two Feet
- Pattern and Rhythm
- Peace and Quiet
- Poses of Completion

Assignment #1 - Incorporating New Poses

Begin learning the Module 2 poses by incorporating them into your personal practice. View and print the Pose Packet for Module 2 to assist in learning the poses (available in the YK University). Use the Suggested Sequences for Module 2 for a fun flow to practice which incorporates the Module 2 poses. Write a paragraph about your experiences with the poses. Explore the energetic effects of the pose. Notice which poses help you feel calm, focused or energized. Which poses resonate with you?

Module 2: The Module 2 Elements

The Musical Musings Element

The Musical Musings Element develops an auditory acuteness to syncopation, accents and sounds. The use of songs, drums and percussive instruments, added to movement, sharpen hearing and listening skills. Music can also help create a welcoming environment, energize students during a yoga flow, relax them during Savasana and help add the “fun” ingredient to your classes. Use music you love and the kids will love it too. Try anything: rock, classical, hip-hop, jazz, nursery rhymes, nature sounds, etc. And remember, our bodies can make music too! Kids love to clap, sing and chant.

The Reading Comes Alive With Yoga Element

Children retain only 10% of what they read but 75% of what they experience. When movement is added to the auditory and visual components of a story, it becomes multidimensional, enjoyable and memorable. As with the Musical Musings Element, choose books you enjoy and your enthusiasm will shine through. For the following assignment, choose books from the suggestions in YogaKids: Educating the Whole Child Through Yoga by Marsha Wenig or from your own library that would be appropriate for a YogaKids class.

The Quiet Quests Element

By incorporating the Quiet Quests Element into your lessons, you’re giving your students the opportunity to experience the introspective aspects of yoga: meditation, concentration, focus, breathing and relaxation. A quiet moment may take place while focusing on the breath in a calming pose or may be a guided imagery exercise during Savasana.

The Visual Vignettes Element

The Visual Vignettes Element explores thematic ways of using clay, paint, crayons, and other art supplies. Kids love to create with their hands. And by introducing demonstration and discussion about a topic, student’s retention rates rise up to 50%. Also, crafts are fun and give children an opportunity to develop their visual skills, reinforce their knowledge of YogaKids poses and learn more challenging concepts. These creations can often be taken home as a special gift from yoga class.

Assignment #2 - Musical Musings Examples

Provide three examples of how you would add the Musical Musing Element into your classes. Specify the songs and artists; include the appropriate age range for each example.

SAMPLE ANSWER

Element: Musical Musings

Song: Run Around

Artist: Jamie Ness

Ages: 2-6, 7-11

Run Around incorporates breathing (“take a deep breath”) and lets the kids get a lot of energy out (“run around, run around, run around”). You can also “run around” like an animal linked to the theme of the class. Use this song before Savasana to help the kids burn some energy before they lie down.

Assignment #3 - RCAWY Examples

Provide three examples of books that can be used in your classes. For each example, share the poses you would integrate into the telling of the story; include the appropriate age range for each example.

SAMPLE ANSWER

Element: Reading Comes Alive With Yoga

Book: The Foolish Tortoise

Author: Richard Buckley

Ages: 2-6 and 7-11

The Foolish Tortoise is a wonderful book about a tortoise that gets tired of carrying around his shell so he takes it off. He quickly realizes that the world is a dangerous place without his protection. Along the way, he encounters:

- *Bee (Beezing)*
- *Tree (Tree/Leaf)*
- *Fish (Bubble Fish)*
- *Snake (S is for Snake)*
- *Hare (Bunny Breath)*
- *Hound (Down Diggity Doggie Down)*
- *Sun (Sunrise Sunset or sun salutations)*

And don't forget Talking Turtle pose! At the end of the book, he realizes that without his shell, he didn't feel right. The message is that we are perfect just as we are.

Assignment #4 - Quiet Quests Examples

Provide three examples of how you would incorporate the Quiet Quests Element into your classes.

Be specific regarding the poses and language you would use to encourage quiet introspection; include the appropriate age range for each example.

SAMPLE ANSWER

Pose: Dragon Breath (Kapalabhati Pranayama)

Category: Peace and Quiet

Element: Quiet Quests

Ages: 2-6, 7-11, 12 and up

Teaching Language: "Sit comfortable, put your hands on your low belly, notice the gentle rise and fall. Breath out through your nose with a strong dragon snort as you snap your belly back toward your spine. Spread your nostrils and blow out as much hot air as your dragon can. Your dragon is fierce, your dragon is strong, give him a fierce breath!"

Explanation: Dragons are a source of interest and fascination with many kids. Therefore, the subject of this breathing exercise will captivate most kids. The whole idea of a dragon breath can give some kids the giggles, so sometimes more direction is needed (i.e. "have your dragon take 5 breaths and get a bit quieter with each one").

Assignment #5 - Visual Vignette Activities

Provide three examples of Visual Vignette activities found outside the YogaKids training materials. For each example, link the activity to a YogaKids pose, class theme or concept. Include the age range appropriate for each craft.

SAMPLE ANSWER

Activity: Paper Bowl Tortoise

Element: Visual Vignettes

*Pose/Theme/Concept: This visual vignette is inspired by the Talking Turtle pose. It can be used in any class that features this pose, such as classes with a beach, zoo, jungle, or reptile theme. Many books feature turtles as well, such as *The Foolish Tortoise* by Richard Buckley, *Yertle the Turtle* by Dr. Seuss, and *Old Turtle* by Douglas Wood. Ages: 3-6, 7-11 A paper bowl makes a great turtle shell! Use markers, crayons, glitter, paper scraps, glue or any craft materials to decorate the convex side of a paper bowl to look like a turtle's shell. Glue four paper pieces to the lip of the bowl to create turtle legs. Create and decorate a turtle head and glue to the top/front of the turtle shell. Discuss how the shell keeps the turtle safe (just like in the book).*

Module 2: Transformers

Transformers

A vinyasa flow is a series of asanas linked together with the breath. Many traditions use vinyasa flows, such as Surya Namaskar (Sun Salutation). This graceful sequence of postures is designed to warm the muscles and joints of the body. It also invites a sense of gratitude to the life-giving energies of the sun. In YogaKids, we call vinyasa flows “Transformers.”

As you work through this module, you should be continuing to develop your own yoga practice. If you haven't yet done so, begin incorporating flows into your personal practice. To get more experience with flows, try to take an adult yoga class that focuses specifically on Vinyasa Yoga. (It would meet one of your adult yoga class requirements.) If taking a class is not an option, you can use one of the suggested resources listed below.

When performing vinyasas, the movements are linked with the breath, requiring focus and concentration. As a general guideline, poses that open the chest and expand the lungs are performed on the inhale, and poses that fold, twist or close the body are performed on the exhale. Keep this in mind as you begin to link poses together with the breath. The breath is the connection between body and mind. YogaKids' Transformers have endless possibilities; begin as one animal, breathe, turn into another one, breathe. (Don't forget to repeat the sequence on each side of the body).

Suggested resources for practicing Yoga flows

Vinyasa Flow Yoga: Grace, Power, Surf and Sunset (DVD)

Shiva Rea: Flow Yoga for Beginners (available on DVD or i-Tunes)

YogaGlo.com (find “Vinyasa Flow” under “Style” in the navigation menu)

Assignment #6 - Experience Vinyasa Flows

Submit one entry from your personal practice journal about your experience with vinyasa flows.

Assignment #7 - Original Transformer Series

Create an original “Transformer” series of 5-10 poses that flow with the breath. Describe it in a paragraph or as a bullet-pointed list. Be sure to note when to inhale and exhale. Inhale - pose, exhale - pose, inhale- pose, exhale - pose, etc. (Note: You will be using this Transformer Series in one of your original lesson plans for this module. Plan accordingly.)

Module 2: Guided Imagery and Progressive Relaxation

Guided Imagery and Progressive Relaxation

Guided imagery is a technique for creating harmony between the mind and body by focusing the imagination on positive, sensory concepts. This powerful technique is used for healing the body, solving problems, and reducing stress. Although it's sometimes called "visualization," guided imagery incorporates all the senses. By using age-appropriate guided imagery in your classes, children are empowered in infinite ways. Since guided imagery resembles storytelling, children (and teens) naturally embrace it.

Though typically shared with children resting in Savasana, keep in mind some children may not be comfortable resting on their backs or closing their eyes. Allow them to find a safe, quiet, and relaxing position that will enable them to unify the body and mind. Revisit page 108 of *YogaKids: Educating the Whole Child Through Yoga* by Marsha Wenig to read a sample guided imagery. (You can also check out the suggested resource texts listed below for more examples.) Then, complete the following assignment.

Through guided imagery can help relax students, it's very different from progressive relaxation. Progressive relaxation is a technique for monitoring and controlling the state of muscular tension. The practice of tensing then relaxing specific muscles in the body has many health benefits. Progressive relaxation can be used to reduce stress, anxiety, and chronic pain symptoms. It is also, as the name suggests, deeply relaxing! The Lemon Toes pose is an example of progressive relaxation that is effective for children and teens.

Suggested Resources for Guided Imagery and Progressive Relaxation

- Guided Imagery for Healing Children and Teens by Ellen Curran R.N.
- Spinning Inward by Maureen Murdock
- Progressive Muscle Relaxation: 20 Minutes to Total Relaxation (CD)
- The Relaxation and Stress Reduction Workbook by Martha Davis, Elizabeth Robbins Eshelman

Assignment #8 - Original Guided Imagery

Write an original guided imagery; include the appropriate age range. (Note: You will be using this imagery in one of your original lesson plans for this module. This lesson plan will also include the RCAWY Element. Plan accordingly. Select your book now so that you can connect it to the imagery in a meaningful way.)

SAMPLE ANSWER

Love Guided Imagery by Julie Pate (ages 7-11)

Lie comfortably and gently let your eyes float closed. Take a big deep breath in through your nose, and let it out through your mouth with a big sigh... hah... and one more... hah... Begin to notice the gentle rise and fall of your belly... as you breath in, the belly rises, and as you breath out, your belly gently falls. Notice your belly floats up... and down... up... and down.

((Pause))

The Turtle in our story today had a warm protective home in his own shell... imagine you have your own protective home here in yoga class... you feel warm and safe. You feel love.

((Pause))

Now send some of this love to your feet... lovely feet... send love to your legs... and your hips... feel a warm sense of love throughout your whole lower body.

((Pause))

Send love to your sweet belly... to your arms and hands... deliver love to your shoulders, neck and your face... feel love in your hair.....experience a warm loving feeling throughout your whole body.

((Pause))

Now imagine a bright warm golden sphere of light in the center of our circle... send your love into this golden sphere, let it pulsate in the sphere, mix with the love sent by everyone else in the room, and pulsate back to you... feel this warm love pulsate in and back out of the circle.

((Pause for 1 to 2 minutes))

Still feeling this pulsation, slowly slow down the connection between you and the center of the circle, and now feel the warm sensation of light within your own heart.

((Pause))

Now bring your awareness back to your belly, and its gentle rise and fall.

((Pause))

Inhale breath through your nose and out your mouth with a soft sigh... hah... and one more... hah... Gently wiggle your fingers and your toes.

((Pause))

Stretch your arms up overhead... leave your left arm overhead and gently roll onto your left side. Bend your knees and rest here for a few breaths, with your eyes closed, gently push yourself up to sitting.

((Pause))

Softly open your eyes.

Assignment #9 - Experience Progressive Relaxation

Begin incorporating progressive relaxation into your personal practice. Then, submit one entry from your personal practice journal about your experiences.

Module 2: Yoga Philosophy and Lifestyle

Continue to “Live Your Yoga”

Part Two of *Living Your Yoga* by Judith Lasater focuses on how yoga affects your relationships with others. By reading and reflecting on this text, you will deepen your relationships with yourself, your family and friends, and the world around you.

Experience Iyengar Yoga

BKS Iyengar was one of the most influential yoga masters of our time. He devoted his life to the practice, study and teaching of yoga which helped to light the way for millions.

Born in India to a poor family, BKS was the eleventh of thirteen children. He was very ill as a child, suffering from malaria, tuberculosis, typhoid fever, and general malnutrition. Iyengar’s brother-in-law was the yogi Tirumalai Krishnamacharya, who is often referred to as “the father of modern yoga.” In 1934, Krishnamacharya asked the fifteen-year-old Iyengar to come to Mysore, so as to improve his health through yoga practice. There, Iyengar learned asana practice, which steadily improved his health.

With the encouragement of Krishnamacharya, Iyengar, aged eighteen, moved to Pune in 1937 to teach yoga. He spent many hours each day learning and experimenting with various techniques. Iyengar’s method of yoga, evolved over his many years of study and focuses on physical alignment of the body in the poses. Iyengar believed that there is a correct way to do each pose, and that every student will one day be able to attain perfect poses through consistent practice. Once this balance is created in the body, it will be reflected in the mind. One of Iyengar’s major innovations is in the use of props. Today it is quite common to see blankets, blocks, straps, pillows, chairs, and bolsters being used in yoga studios. The use of these props is comparatively new in the history of yoga and comes directly from Iyengar. The purpose of the props is to assist the student in attaining ideal alignment, even if the body is not yet open enough.

Iyengar-style yoga includes very little vinyasa flow. Instead, poses are held for longer durations while the alignment is perfected. Therefore, Iyengar yoga is not as intense a cardiovascular experience as a more flowing style such as Ashtanga Vinyasa Yoga. Holding the poses, however, is strenuous, builds strength, and is excellent for increasing flexibility. Ashtanga Vinyasa Yoga was popularized by another one of Krishnamacharya’s famous students, Sri K. Pattabhi Jois (1915-2009).

In 1952, Iyengar befriended the violinist Yehudi Menuhin who gave him the break that transformed him from an obscure Indian yoga teacher into an international guru. He continued

to gain popularity and received many awards and accolades throughout his life including being named one of the 100 most influential people in the world by Time magazine. He is the author of many influential books on yoga including *Light on Yoga*, *Light on Pranayama* and *Light on Life*. Iyengar believed that the potential for enlightenment lies in the heart of every person and the yogic journey will illuminate the path.

“Be inspired but not proud. Do not aim low; you will miss the mark. Aim high; you will be on the threshold of bliss. With faith, love, persistence, and perseverance you will savor the sweet flavor of yoga. Carry the flame forward so that it may bring the blissful light of the knowledge of true reality to future generations.” – BKS Iyengar

Attending an Iyengar Yoga class will enable you to experience yoga poses in a new and exciting way. Though alignment is not stressed in a YogaKids class, the ability to help children find a comfortable variation of a pose or modification of a pose is useful knowledge. You’ll also gain experience working with props, which may be applicable when working with teens and children with special needs. If possible, attend an Iyengar Yoga class. (It can satisfy one of your required adult yoga classes). If it is not possible, try it at home using the suggested resources. Then, draw from your experiences to complete the following assignment

Attend Adult Yoga Classes

Throughout the duration of this module, you will need to attend at least one adult yoga class with a Yoga Alliance Registered Yoga Teacher (RYT). This will help you cultivate your personal practice and satisfy a contact hour requirement for Yoga Alliance. You will need to include proof of attendance by completing the “Signature Form for Adult Classes”. (*International YKAs may attend yoga classes, and obtain signatures, from yoga teachers with equivalent training and experience.)

Suggested Resources for Iyengar Yoga

- *Light on Yoga: Yoga Dipika* by B.K.S. Iyengar
- *Yoga: The Iyengar Way* by Silva Mehta
- *Iyengar Yoga with Gabriella* (DVD)[/mk_custom_box]

Assignment #10 - Reflect on Your Relationships

Read *Part Two: Widening the Circle of Living Your Yoga* by Judith Lasater. Reflect on her insights while completing the following assignment. How has your own yoga practice affected your relationships with others (friends, family, colleagues, students, and/or parents of students)? What insights from this section of the book resonate with you? Write 3-5 paragraphs.

Assignment #11 - Experience Iyengar Yoga

Submit one entry from your personal practice journal about your experiences with Iyengar Yoga (include the date, location, teacher and be at least one paragraph). What did you find most challenging/rewarding about the experience? *Note: Your journal submissions are private and will only be viewed by your YogaKids mentor – this is an opportunity for self-inquiry and discovery!

Assignment #12 - Adult Yoga Class Form Submission

Attend one adult yoga class and obtain the required signature. Email a signed copy of the Adult Yoga Class Attendance Form to your Module 2 Master Mentor.

Module 2: Teaching the YogaKids Way

Teaching the YogaKids Way

You will teach two original lesson plans in Module 2. Use the YogaKids Lesson Plan Template to organize your lesson plan and ideas. Before you teach, you should spend time observing children and journaling about the experience.

Each lesson plan you teach requires an accompanying Advanced Training Session Report. Self-evaluation is an important part of the teaching process. Read the Advanced Training Session Report before teaching — and complete it as soon as possible after teaching the class while the answers to the questions are still fresh in your mind (keep a copy on hand for reference). You will answer questions such as; how did you feel during and after the session, what was the energy like, did you modify your lesson, how did the children respond, were there any classroom management issues and what did you learn from teaching the class?

YogaKids Class Specifications for Module 2

- Required Number of Students: 3 or more
- Required Length of Class: 30 to 60 minutes
- Fee: You can charge for your classes or volunteer
- Location: Any appropriate location (classroom, studio, gym, park, your living room, etc.)

Age Ranges for Classes

There are three designated age ranges. During the course of your At-Home Practicum, you are required to teach at least 1 class in each age range. As the topic of teaching teens will be covered in Module 3, we ask that you focus on the younger students at this time. The designated age ranges are as follows:

- 2-6 year-olds
- 7-11 year-olds
- 12 and up

Note: We understand that the students in your classes may not fall exactly into these age ranges. Plan and market towards these age groups as best you can. If the median age of the students is within the appropriate range, the requirement will be met.

Assignment #13 - Observations

Observe children in a natural setting (classroom, park, birthday party) for at least 90 minutes and

submit a journal entry about the experience. What were the age ranges of the children? What did you notice about their behavior? What lessons did you learn from the experience?

Assignment #14 - "Go With the Flow" Lesson Plan

Create, teach, and submit an original lesson plan called "Go With the Flow." Use the YogaKids Lesson Plan Template. Include the original Transformer you created in assignment #7. Also include the Musical Musings Element and detail which songs you used with which poses (or series of poses).

Assignment #15 - "Go With the Flow" Session Report

Submit the Advanced Training Session Report for your "Go With the Flow" lesson.

Assignment #16 - "Imagine This" Lesson Plan

Create, teach, and submit an original lesson plan called "Imagine This." Use the YogaKids Lesson Plan Template. Include the following Elements in the plan: RCAWY, Visual Vignettes and Quiet Quests. Also include the original Guided Imagery you created earlier in this module.

Assignment #17 - "Imagine This" Session Report

Submit the Advanced Training Session Report for your "Imagine This" lesson.

Module 2: Evaluation and Review

Congrats! You're almost done with Module 2! Please wait for a confirmation that all your work has been completed and graded for Module 2 before beginning Module 3. Namaste!

Assignment #18 - Original Great Idea

Submit a paragraph detailing an original idea from this module for incorporating a YogaKids Element into a lesson. This may be shared with the YogaKids community in our monthly newsletter, Elements in Action, and may be archived in our Great Ideas Library (accessible for all Certified YogaKids Teachers).

Assignment #19 - Great Idea Photo Submission

Email a photo of your great idea to your Module 2 Master Mentor.

Module 3: Introduction

Welcome to Module 3 of the Advanced Training Practicum – Level 2 of the YK Certification Program. I hope you have found ideas and support on the YogaKids Now! Teacher Forum on Facebook and our online forums on the YogaKids website. We have an amazing community of teachers and we are so excited you are here! Our intention is to help you feel supported and connected throughout your journey.

As a reminder, this independent study course is designed to be completed in 4-6 months. Each module averages 10-20 hours of homework and can be completed in 2-4 weeks by setting aside just 5 hours per week. The first module is typically the most challenging, as you familiarize yourself with the ATP format and designate some personal study time. Check in with your completion goals and identify if you need to make any adjustments to your commitment or personal schedule.

During Module 3, you will need to teach (at least) 3 YogaKids classes. The lesson plans for these classes will be your original creations, following the YogaKids lesson plan guidelines and will be turned in as assignments. Remember, you will be required to teach at least one of the 11 classes you teach during your ATP, to each of the three designated age groups (2-6, 7-11, and 12 and up). As this module covers the topic of teaching teens, we ask that you teach this age group during this module. Also through this module, we ask that you continue to cultivate your personal yoga practice. As such, you are required to attend at least one adult yoga classes with a Registered Yoga Teacher and obtain a signature of the provided form.

Please remember an important part of your process is maintaining consistent communication with our Master Mentors in the YogaKids Community in the online forums and by joining the monthly Master Mentor Hangouts.

Thank you for your dedication to sharing the joys of yoga with the children in your life! Your commitment to teaching the whole child is a special gift they will treasure! Enjoy the journey!

Meet Your Module 3 Master Mentor

Maria Markos

Email: maria@littlesproutsyoga.com

Maria served victims of crime for twenty-three years; as the director of the Crime Victim Rights Unit of the local county Prosecutor's Office, as the Coordinator of a Child Advocacy Center, and as a Community Educator for the local rape crisis center. Curious about the lack of self-care among criminal justice professionals (including herself!), Maria learned the fine art of pivoting within the field she loved and now spends her time passionately teaching others how to embrace the beauty of slowing down, honoring the wisdom of the body, and finding nuggets of joy in the chaos of everyday life.

Maria also enjoys teaching yoga to the younger generation (especially pre-teens!) because witnessing their transformative moment on the mat is one of the coolest things ever, serving as a volunteer soccer coach to 4 and 5 year old girls, and most importantly, being the proud mom of three pretty awesome kids.

Maria holds an Applied Science (Paralegal) degree from Kellogg Community College, a Bachelor of Arts in Family Life Education from Spring Arbor University, and is a Registered Yoga Teacher, a Registered Children's Yoga Teacher, and an Eating Psychology Coach certified by The Institute for the Psychology of Eating.

Module 3: Module 3 Elements

The Module 3 Elements

Module 3 focuses on the chakras, teaching teens, partner yoga, Kundalini Yoga, the ethics of yoga, and 3 of the YogaKids Elements. As you progress, continue to cultivate your own yoga journey with a regular practice, journal entries and adult classes. The Elements you will focus on in Module 3 include:

- Bridge of Diamonds
- Laughing Language
- Math Medley

The Module 3 Poses

The poses for Module 3 are organized into 5 categories. Being familiar with these can aid in lesson planning. The categories are as follows:

- ABC
- Connecting
- Moving and Grooving
- Shape and Form
- Speech and Sound

Assignment #1 - Integrating the Poses

Begin learning the Module 3 poses by incorporating them into your personal practice. View and print the Module 3 Pose Packet to assist in learning the poses (available in the YK University). Use the Suggested Sequences for Module 3 for a fun flow to practice which incorporates the Module 3 poses. Write a paragraph about your experiences with the poses. Explore the energetic effects of the pose. Notice which poses help you feel calm, focused or energized. Which poses resonate with you?

Module 3: Module 3 Poses

The Bridge of Diamonds Element

Every child is like a diamond: unique and brilliant in his or her own way. And every child can build a “bridge” from himself or herself to the larger world. By integrating the Bridge of Diamonds Element into your YogaKids lessons, you are nurturing the interpersonal relationships of your students. The “Connecting” poses in this module are excellent examples of how to strengthen a sense of community within the class. Any activity that offers children the chance to work together, while simultaneously celebrating their own unique qualities, is one that incorporates the Bridge of Diamonds Element.

The Laughing Language Element

The Laughing Language Element encourages children to play with words and have fun with language. The ABC Poses in this module are great pathways for teaching sounds, alliteration and rhyming. Wordplay techniques like words within words or acrostics give children the opportunity to add writing exercises to yoga and movement, employing their kinesthetic intelligence together in an integrative fashion.

The Math Medley Element

The Math Medley Element uses mathematical concepts to highlight patterns, sequences, numerical awareness, counting and rhythm while practicing poses. By using YogaKids techniques, students can tap into their kinesthetic bodies to make learning and retention more fun and less stressful. The poses in the Shape and Form category are great pathways to exploring the shapes and angles the body makes while practicing yoga poses.

Assignment #2 - Bridge of Diamonds Examples

Provide three examples of how you would integrate the Bridge of Diamonds Element into your classes using poses from this Module; include the appropriate age range for each example.

SAMPLE ANSWER

Pose: Lightning Bolt

Category: Shape and Form

Element: Bridge of Diamonds

Age: 7-11, 12 and up

Many YogaKids poses can be made into partner poses, often times enhancing the benefits of the pose and creating a bridge between students. Standing back-to-back with your partner, begin in Mountain

pose. Working together and maintaining contact, slowly walk your feet away from each other. Squat in Lightning Bolt pose, using your legs and core muscles while pressing into your partner's back. Add another layer to this pose by having the children attempt to lower all the way to a seated position (while still in contact with partner's back). Maybe even have them try to stand back up, without using their arms! This requires true cooperation!

Assignment #3 - Laughing Language Examples

Provide three examples of how you would add the Laughing Language Element into your classes using poses from this Module; include the appropriate age range for each example.

SAMPLE ANSWER

Pose: Drive My Car

Category: Moving and Grooving

Element: Laughing Language

Ages: 7-11

While teaching Driving My Car, have the kids travel to locations with names that start with each letter of the alphabet (some local, some exotic): Anchorage Alaska, Bermuda, Cape Cod, Davenport Iowa, etc. See how far you can go....

Assignment #4 - Math Medley Examples

Provide three examples of how you would integrate the Math Medley Element into your classes using poses from this Module; include the appropriate age range for each example.

SAMPLE ANSWER

Element: Math Medley

Activity: Poses and Fractions

Ages: 7-11, 12 and up

Choose two poses to go with the theme of the class; for example caterpillar and butterfly. The children decide if they want to be a caterpillar or a butterfly and then do the pose they chose. To determine what fraction of the class is in butterfly pose, count how many people in the class are in butterfly pose (for example 6), this becomes the numerator (the number above the line). Now count how many total people are in the class (for example, 10), this becomes the denominator (the number below the line). The fraction of the class in butterfly pose is the numerator over the denominator (6/10). You can even discuss if this fraction is in its "simplest form," (3/5). Now determine the fraction of students in caterpillar pose (4/10). Add the two together and they equal one whole (10/10 or 1).

Module 3: Chakras

Chakras

In yoga, it is believed that we have seven Chakras (“wheels” or energy centers) arranged vertically from the base of the spine to the top of the head. These centers regulate the flow of subtle energy in our bodies. The chakras have connections to colors, sounds, emotions, glands, organs, elements, stages of development and certain rights of entitlement. While the concept of these energy centers might be difficult for children to comprehend, the colors and emotions associated with the different chakras make them more accessible.

Suggested Resources for Learning More About Chakras:

- The 7 Healing Chakras: Unlocking Your Body’s Energy Centers by Brenda Davies
- Seven Spirals: A Chakra Sutra for Kids by Deena Haiber and Aimee MacDonald
- Wheels of Life by Judith Anodea
- YogaKids: Educating the Whole Child Through Yoga by Marsha Wenig
- Assignment #5 - Chakras Idea
- Describe in a few sentences an original idea for introducing the concept of chakras in a YogaKids class; include the appropriate age range of the students.

SAMPLE ANSWER

Activity: Chakra memory game

Ages: 7-11

Did you know you have a rainbow within you? Each color of the rainbow represents a wheel of energy that spins within your body. When the flow of energy is balanced, you feel good. Yoga postures help balance these chakras and keep the energy flowing. While doing these poses, talk about the color and the charka /energy center that the color correlates to and repeat the affirmation.

- *Mountain – Red (root center, base of the spine) – “I am strong”*
- *Volcano– Orange (sacral center, below navel) – “I am joyful”*
- *Warrior 2 Right – Yellow (solar plexus, center of body) – “I am confident”*
- *Tree/Leaf – Green (heart center) – “I am caring”*
- *Warrior 2 Left – Blue (throat center) – “I am truthful”*
- *Frog – Indigo (brow center, between the eyebrows) – “I am smart”*
- *Headstand – Violet (crown center, top of the head) – “I have understanding”*
- *Now, play a memory game to review poses, chakras and affirmations. Which pose were we in while thinking about the color green? “Tree/Leaf.” And what did we affirm? “I am caring.” How about the color red? You can review the chakras in order or mix it up.*

Module 3: Teaching Teens

Teaching Teens

Teens are ready for a full class of yoga with more information on proper posture alignment, but you can still incorporate the fun elements of YogaKids. At this age, creativity blossoms, providing an opportunity to include the Musical Musings and Visual Vignette Elements. While they may be searching for their own identities, teens still desire to belong to a group and be accepted; partner poses and the We All Win Element are great ways to build relationships and trust. Keep in mind they are going through many hormonal and physical changes, including mood swings, negativity and sensitivity. Maintain a safe, judgment free space. With increased pressures and stress, teens embrace the element of Quiet Quests and guided imagery. Introduce Sanskrit, yoga philosophies and have open discussions. Most importantly, have fun, laugh, and provide a positive, nurturing environment.

Suggested Resources for Teaching Yoga to Teens

- Yoga for Teens by Thia Luby
- Breath: Yoga for Teens by Mary Kaye Chryssicas
- Yoga for Kids to Teens by Yael Calhoun

Assignment #6 - Modifying for Teens

Choose one of your original lesson plans from an earlier module. Describe in a paragraph how it can be modified for teens.

Module 3: Yoga for Athletes

Yoga for Athletes

Yoga can be beneficial for all types of athletes. Yoga improves strength, flexibility, balance and mental control, which can all lead to increased performance and happier athletes. Yoga stretches and relaxes the tightening of the muscles that occurs with repetitive running and sports training. When the muscles are contracted, the body requires more energy. But when the muscles are relaxed, they help absorb shock and become more effective at using and conserving energy and strength, resulting in greater endurance. During yoga, children move their bodies to build physical strength and use their internal dialogue to build mental strength. Breath awareness is key to soothe the nervous system; increasing the amount of oxygen in the blood creates a relaxed and alert child.

Assignment #7 - Yoga for Athletics

Specify a YogaKids pose that you would recommend for the following athletes: a 15-year-old wrestler, an 8-year-old gymnast, and an 11-year-old baseball player. Then, explain how doing this pose could improve their "game." Use Module 3 poses.

SAMPLE ANSWER

Pose: Roller Coaster

Category: Moving and Grooving

Child: 11 year-old baseball player

Description: Baseball players need strength in rotation to swing the bat; strong oblique muscles are essential. When the roller coaster turns a corner, it turns on the muscles of the core, and helps to develop overall core strength. This pose strengthens the spine and core while also stretching the hamstrings and groins. It also stimulates the abdominal organs and promotes cooperation.

Module 3: Yoga Philosophy and Lifestyle

Continue to “Live Your Yoga”

Part Three of *Living Your Yoga* by Judith Lasater focuses on how yoga affects your relationship with the larger world. By reading and reflecting on this text, you will deepen your relationships with yourself, your family and friends, and the world around you.

The Ethics of Yoga

Classical yoga is organized into an eight-fold path of yoga sutras, a series of disciplines that purify the body, mind and spirit. The first two limbs, the yamas and the niyamas, are the ethical guidelines for “living your yoga.” The first five guidelines are the yamas and address our relationship with the people and world around us. These include compassion, truthfulness, integrity, respect and sharing. The last five are the niyamas and address our relationship within ourselves. These include purity, contentment, discipline, reflection and surrender. You can find a more complete explanation of the yamas and niyamas in your Foundations manual (“A Focus on Yamas and Niyamas” by Don Wenig). Use this and the following resource texts to complete the next assignment.

Experience Kundalini Yoga: The Yoga of Awareness

Kundalini Yoga is a school of yoga that focuses on awakening “kundalini” energy through regular practice of meditation, pranayama, chanting and asana. This energy is located at the base of the spine and is conceptualized as a coiled-up serpent. The intent of Kundalini Yoga is to awaken the sleeping serpent – allowing the life force energy to travel through the six chakras to penetrate the seventh chakra.

As part of your continuing yoga education, attend a Kundalini Yoga class (if possible) and integrate its unique aspects into your personal practice. (The class will satisfy one of your adult yoga class requirements.) If you cannot attend a Kundalini Yoga class, you can use the following suggested resources to familiarize yourself with this particular style of yoga. Use your experiences to complete the next assignment.

Experience Partner Yoga

Partner poses are an integral part of YogaKids. In addition to the body benefits, the YogaKids partner poses encourage cooperation and connection. They can help with conflict resolution and forage healthy relationships among peers.

Attend Adult Yoga Classes

Throughout the duration of this module, you will need to attend at least one adult yoga class with a Registered Yoga Teacher (RYT). This will help you cultivate your personal practice. You will need to include proof of attendance.

Suggested Resources for the Ethics of Yoga

- Yoga For Children: A Complete Illustrated Guide To Yoga by Chanchani
- The Yamas & Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele

Suggested Resources for Learning Kundalini Yoga

- The Kundalini Yoga Experience: Bringing Body, Mind, and Spirit Together by Dharam Singh Khalsa & Darryl O'Keeffe
- Kundalini Yoga With Gurmukh(DVD)
- YogaGlo.com (find "Kundalini" under "Style" in the navigation menu)

Assignment #8 - Living Your Yoga

Read *Part Three: All Life of Living Your Yoga* by Judith Lasater. Reflect on the reading while completing the following assignment. How has your own yoga practice affected your relationship with the world around you? What insights from this section of the book resonate with you? Write 3-5 paragraphs.

Assignment #9 - Teaching Yamas/Niyamas

Choose one or more of the yamas/niyamas and describe in a few sentences how you would teach these ethical guidelines in a YogaKids class; include the appropriate age range.

SAMPLE ANSWER

Yama/Niyama: Ahimsa

Ages: 7-11, 12 and up

Ahimsa (compassion) is one of the Yamas. "Encourage and support your YogaKids and yourself in choosing to think, speak and act with kindness, peace and compassion toward yourself, others and the world." When we do a sun salutation, we are thanking the sun for rising; it is a sequence or flow of gratitude. What can you do to show your compassion for the sun, the earth, or any living thing?

Assignment #10 - Experience Kundalini Yoga

Submit 1 entry from your personal practice journal about your experiences with Kundalini Yoga. What did you find most challenging/rewarding about it?

Assignment #11 - Experience Partner Poses

Find a partner with whom you can practice the YogaKids partner poses. (Find someone of relatively the same size, so that you'll develop awareness for how kids feel doing the poses with other kids.) Submit 1 journal entry about the experience.

Assignment #12 - Attend Adult Yoga Class

Attend one adult yoga class and obtain the required signature. Email a signed copy of the Adult Yoga Class Attendance Form to your Module 3 Master Mentor. Submit 1 entry from your personal practice journal about your experiences with Kundalini Yoga. What did you find most challenging/rewarding about it?

Module 3: Teaching the YogaKids Way (a)

Teaching the YogaKids Way

You will teach three lesson plans in Module 3. Use the YogaKids Lesson Plan Template. Each lesson you teach requires a completed Advanced Training Session Report. Complete it as soon as possible after teaching the class while the answers to the questions are still fresh in your mind. Before you teach, spend time observing children for the next assignment.

YogaKids Class Specifications for Module 3

- Required Number of Students: 3 or more
- Required Length of Class: 30 to 60 minutes
- Fee: You can charge for your classes or volunteer
- Location: Any appropriate location (classroom, studio, gym, park, your living room, etc.)

Age Ranges for Classes

There are three designated age ranges. As teens are covered in this module, you should try to focus at least one class on this age group. The designated age ranges are as follows:

- 2-6 year-olds
- 7-11 year-olds
- 12 and up (teen)

Note: We understand that the students in your classes may not fall exactly into these age ranges. Plan and market towards these age groups as best you can. If the median age of the students is within the appropriate range, the requirement will be met.

Assignment #13 - Observation

Observe children in a natural setting (classroom, park, birthday party) for at least 90 minutes and submit a journal entry about the experience. What were the age ranges of the children? What did you notice about their behavior? What lessons did you learn from the experience?

Assignment #14 - "Let's Get Together" Lesson Plan

Create, teach, and submit an original lesson plan called "Let's Get Together." Include the Bridge of Diamonds Element. Incorporate partner and/or group poses. Use the YogaKids Lesson Plan Template. Use poses from Module 3.

Assignment #15 - "Let's Get Together" Session Report

Submit the Advanced Training Session Report for your "Let's Get Together" lesson. Use poses from Module 3.

Assignment #16 - "Rock Your Chakras" Lesson Plan

Create, teach, and submit an original lesson plan called "Rock Your Chakras." Use the YogaKids Lesson Plan Template. Use poses from Module 3.

Assignment #17 - "Rock Your Chakras" Session Report

Submit the Advanced Training Session Report for your "Rock Your Chakras" lesson. Use poses from Module 3.

Assignment #18 - "ABC & 123" Lesson Plan

Create, teach, and submit an original lesson plan called "ABC and 1-2-3." Use the YogaKids Lesson Plan Template. Include the Laughing Language and Math Medley Elements. Use poses from Module 3.

Assignment #19 - "ABC & 123" Session Report

Submit the Advanced Training Session Report for your "ABC and 1-2-3" lesson. Use poses from Module 3.

Module 3: Evaluation and Review

Congrats! You're almost done with Module 3! Please wait for a confirmation that all your work has been completed and graded for Module 3 before beginning Module 4. Namaste!

Assignment #20 - Original Great Idea

Submit a paragraph detailing an original idea from this module for incorporating a YogaKids Element into a lesson. This may be shared with the YogaKids community in our monthly newsletter, Elements in Action, and may be archived in our Great Ideas Library (accessible for all Certified YogaKids Teachers).

Assignment #21 - Great Idea Photo Submission

Email your great idea photo to your Module 3 Master Mentor.

Module 4: Introduction

Welcome to Module 4 of the Advanced Training Practicum – Level II of the YK Certification Program. We hope you have found ideas and support on the YogaKids Now! Teacher Forum on Facebook and our online forums on the YogaKids website. We have an amazing community of teachers and we are so excited you are here! Our intention is to help you feel supported and connected throughout your journey.

As a reminder, this independent study course is designed to be completed in 4-6 months. Each module averages 10-20 hours of homework and can be completed in 2-4 weeks by setting aside just 5 hours per week. The first module is typically the most challenging, as you familiarize yourself with the ATP format and designate some personal study time. Check in with your completion goals and identify if you need to make any adjustments to your commitment or personal schedule.

During Module 4, you will need to teach (at least) 4 YogaKids classes. The lesson plans for these classes will be your original creations, following the YogaKids lesson plan guidelines and will be turned in as assignments. Remember, you will be required to teach at least one of the 11 classes you teach during your ATP, to each of the three designated age groups (2-6, 7-11, and 12 and up). If you haven't yet taught a particular age group, you should do so now. Also, as Module 4 covers the topic of special needs, we require you to teach at least two classes that includes children with special needs during this module. Also through this module, we ask that you continue to cultivate your personal yoga practice. As such, you are required to attend at least one adult yoga classes with a Registered Yoga Teacher and obtain a signature of the provided form.

Please remember an important part of your process is maintaining consistent communication with our Master Mentors in the YogaKids Community in the online forums and by watching the past monthly Master Mentor Hangouts.

Thank you for your dedication to sharing the joys of yoga with the children in your life! Your commitment to teaching the whole child is a special gift they will treasure! Enjoy the journey!

Meet Your Module 4 Master Mentors

Cynthia Margolis

Email: cindym1122@gmail.com

Cindy Margolis, Owner and Lead Instructor of Kids Yoga & Mindful Movement, is a Certified YogaKids Teacher and has an RYT-200 Power Yoga certification. She has been teaching kids yoga classes since 2010. She also has a MA degree in Early Childhood Special Education from University of St. Thomas and has been teaching at Wayzata Community Church Nursery School since 2004.

Cindy has been an avid yoga practitioner since 2003 and in her spare time, plays golf and spends time with family and friends.

Jen Durie O'Brien

Email: jendurie@gmail.com

In addition to being a Certified YogaKids Teacher, Jen is also an Occupational Therapist practicing since 1998, with a focus in pediatrics and sensory integration since 2001. She is passionate and believes in supporting one child at a time through the integration of yoga and occupational therapy principles, while empowering balance in our children and our own lives!

Module 4 Overview: The Module 4 Elements and Poses

The Module 4 Elements

Module 4 focuses on restorative yoga, teaching children with special needs, classroom management strategies, the history of yoga, games and three of the 14 Elements. We also require you to continue with your at-home practice, journal entries and adult yoga classes.

The Elements you will focus on in Module 4 include:

- Affirmations
- Ecological Echoes
- We All Win

The Module 4 Poses

The poses for Module 4 are organized into five categories. Being familiar with these can aid in lesson planning. The categories are as follows:

- Feathers
- Four-Legged Friends
- Senses
- Shake Like Jelly
- Wet

Assignment #1 - Integrating the Poses

Begin learning the Module 4 poses by incorporating them into your personal practice. View and print the Module 4 Pose Packet to assist in learning the poses (available in the YK University). Use the Suggested Sequences for Module 4 for a fun flow to practice which incorporates the Module 4 poses. Write a paragraph about your experiences with the poses. Explore the energetic effects of the pose. Notice which poses help you feel calm, focused or energized. Which poses resonate with you?

Module 4: The Module 4 Elements

The Affirmations Element

An affirmation is a positive statement about oneself. In YogaKids, we add affirmations to our poses in order to connect the verbal and physical expressions of our feelings. By utilizing positive statements, we create an opportunity to promote compassion, self-esteem, peace and honesty. Affirmations are typically “I” statements in the first person (“I am confident”). Refer to page 111 in *YogaKids: Educating the Whole Child Through Yoga* by Marsha Wenig for examples of positive statements to use during a YogaKids class.

The Ecological Echoes Element

The Ecological Echoes Element uses the YogaKids poses to help children make connections to the larger world. As many of the poses are based on animals and features in nature, they provide a logical bridge to learning about the environment. This learning, in turn, helps our YogaKids become more self-aware and compassionate creatures of this wondrous Earth.

The We All Win Element

The We All Win Element uses games, poses and activities that promote cooperation and “win-win” thinking. YogaKids classes are taught in a circle, with each child recognized as an equal part of the whole. Children love to play games, and without the stress of competition, we have fun helping them build trust and confidence. In YogaKids, every child is successful. By creating and including simple, cooperative games that stem from the YogaKids poses, you’ll be adding the We All Win Element – and more of that special ingredient: fun! Review *YogaKids: Educating the Whole Child Through Yoga* by Marsha Wenig to familiarize yourself with examples of yoga games. (Search “We All Win” in the index.)

Suggested Resources for Yoga Games

- Children’s Book of Yoga by Thia Luby
- Yoga Games for Children by Danielle Bersma and Marjoke Visscher
- YogaKids, *Educating the Whole Child Through Yoga* by Marsha Wenig

Assignment #2 - Examples of Affirmations

Provide 3 original affirmations for each of 3 YogaKids poses in Module 4. Please provide one example for each of the age ranges (2-6, 7-11, 12+) for each pose. Include age range for each example.

SAMPLE ANSWER

Pose: Pedal Laughing

Category: Senses

Ages: 2-6

While in Pedal Laughing pose, have the children say, "I am happy! I am funny! I love to smile!"

Pose: Flamingo

Category: Feathers

Ages: 7-11

While in Flamingo pose, have the children say, "I am balanced! I fly freely! I am flawless in flight!"

Pose: Crow

Category: Feathers

Ages: 12+

While in Crow pose, have the children say, "I am strong, I am courageous! I am brave!"

Assignment #3 - Examples of Ecological Echoes

Provide three examples of integrating the Ecological Echoes Element into YogaKids poses. Choose 3 poses from Module 4 and include at least one fact for each pose; include the appropriate age range for each example.

SAMPLE ANSWER

Pose: Flamingo

Category: Feathers

Element: Ecological Echoes

Ages: 2-6, 7-11

The word "flamingo" comes from the Spanish and Latin word "flame" which translates to "flame," and refers to the brightly colored clothing that is worn by traditional flamenco dancers and musicians.

Flamingo chicks are born gray or white and take up to three years to reach their mature pink, orange or red color. Their beautiful colors comes from the algae, diatoms, and small crustaceans that they eat, which are rich in the carotene pigment. "If you were to change color based on what you love to eat, what color would you become?"

Flamingos often produce different vocalizations ranging from growling, honking and grunting. "If you were a flamingo, what would you sound like?"

Assignment #4 - Example of a We All Win Game

Create a simple game — or modify an existing one — to include YogaKids poses and the We All Win Element. Describe how it would be played and include the appropriate age range. (Note: You will be using this game in one of your original lesson plans for this module. Plan accordingly.)

SAMPLE ANSWER

Element: We All Win

Activity: Pose Station Rotation

Ages: 2-6, 7-11

Write the names of different YogaKids poses on pieces of paper, draw pictures (or have the children draw pictures), or use the YogaKids ToolBox cards. Place a different pose card at the top of each mat in the circle. The teacher rolls a dice to determine how many breaths to hold the pose. The teacher may also add another element and choose where on your body to balance a beanie baby: head, shoulder, arm, knee, foot, etc. Each person performs the pose on their own mat, and holds for the determined amount of time from the dice. Then, everyone in the circle rotates clockwise one mat. The student on the teacher's mat now has a turn to roll the dice and determine where to balance the beanie baby. Continue until the teacher returns to her mat and everyone has had a turn being the teacher. Everyone was the teacher and everyone wins!

Module 4: Classroom Management Strategies

Classroom Management Strategies

The YogaKids poses are a great resource for calming, energizing, and focusing the students in your classes as the poses themselves affect the body's energy level differently. Poses that include breathing with long exhalations calm the mind and body (Take 5). Balance poses that require concentration focus the mind (Tree). Poses that include lots of movement energize the body (Shake Like Jelly). Understanding just how the poses can effectively manage the energy of your students can be incredibly useful when teaching all children. Review the body benefits of the poses in your ATP Manual to complete the following assignment.

More Classroom Tips

- Let the students get to know you. This will help them trust you and that will, in turn, help create a joyful, loving environment ripe for learning.
- Always be prepared with an engaging lesson. And always over-plan. It's easier to cut activities than to come up with new ones on the spot.
- Use hand signals and non-verbal communication to get your students' attention. Raising your hand – and having the students raise their hands in response – is a great way to see that everyone is paying attention before speaking.

Remember, teaching is a skill that is cultivated through experience. Stay focused, patient, and enthusiastic – and you will have great success as a YogaKids teacher!

Assignment #5 - Poses for Energy Regulation

List one pose that can energize your students, one to focus them, and one to calm them. Explain how the poses achieve the desired result; include the appropriate age range for each example.

SAMPLE ANSWER

Pose: Yawn and Flop

Category: Shake Like Jelly

Desired Result: Calms

Ages: 2-6, 7-11, 12 and up

Yawn and Flop is a very calming pose. By stretching the torso, chest and shoulders while yawning, muscular tension is released. Taking a deep inhale increases lung capacity and oxygenates the body. Focusing on the exhale while folding forward calms the nervous system and is introspective.

Module 4: Teaching Children with Special Needs

Teaching Children with Special Needs

During Module 4, you will be required to teach at least 2 classes that include children with special needs. This topic is very broad – what one child with “special needs” may require can be vastly different from what another child requires. However, to better prepare you, we’ve compiled a list of 10 tips that have served our teachers well. These tips are from Tere Bowen-Irish, an author and teacher with over 27 years of experience in pediatrics and mental health. As these tips illustrate, modifications can be made to your lesson plans, learning environment and teaching style to better suit children with special needs. Such modifications would be beneficial for all the children in your class, maintaining inclusivity. Read page 110-111 of *YogaKids: Educating the Whole Child Through Yoga* by Marsha Wenig for additional examples.

Children with “special needs” include, but are not limited to, children with the following diagnoses:

- ADD/ADHD
- Anxiety Disorder
- Autism Spectrum Disorders
- Cancer
- Cerebral Palsy
- Depression
- Developmental Coordination Disorder (dyspraxia)
- Developmentally or Cognitively Delayed
- Diabetes
- Down Syndrome
- Eating Disorders
- Hearing Impairment
- Learning Disabilities
- Muscular Dystrophy
- PDD Pervasive Developmental Disorder
- Physical Disabilities
- Sensory Integration challenges/and or Sensory Processing Disorder (SPD)
- Spina Bifida
- Visual Impairment

10 Tips for Teaching Children with Special Needs

Tip #1: Speak to the parent, teacher or caregiver prior to the class.

Ask some of the following questions. Then, incorporate strategies based on the answers. (For example, include specific topics in the lesson that resonate with the child.)

- What should I know about this child before he/she participates in a class?
- Are there any contraindications, movements or activities to avoid?
- What are 3 things this child/young adult loves to do?
- What do you feel is the best way for me to connect with this person?
- Does this individual have any sensory sensitivity?
- What are the physical limitations this person has?
- Does the child have any allergies or asthma?
- About how long can the child tolerate movement, activity and instruction?

Tip #2: When the child has sensory sensitivity, you can adjust your sessions to meet those needs in the following ways:

- Make sure the lighting isn't too harsh.
- Music may have to be at a lower volume, less excitatory, and more rhythmic.
- Voice tone can make a difference in gaining attention.
- The child's comfort comes first; if the child wants his/her shoes left on, that's fine.
- Some visual activities may be over stimulating; adjust them as necessary.
- The children's voices on some poses (Lion Pose, for instance) may need to be adjusted.

Tip #3: Give lots of encouragement and verbal direction during the class.

Specific positive feedback is best, such as "I liked it when you watched me before you tried Flamingo" versus "You are doing well." This will help shape future behavior. Also, verbally set the goal before any activity: "We are going to do the Butterfly with Antennae pose." Always tell the student who needs physical guidance how, where and why you may be touching or moving them. Count while holding a pose.

Tip #4: Provide consistency, predictability, and simplicity in your lessons.

Start and end the same way each time. For example, start your class with the YogaKids pledge and end with the Namaste song. When adding new poses, couple them with familiar ones. For students with a diagnosis of Asperger's, autism and ADHD, predictability is important. Use a dry erase board to delineate each part of the session. Cross out each as completed to give a sense

of time passing. Sometimes written words or pictures are easier forms of information to process versus the human voice. A visual timer can also be useful. Also, break down poses into several small steps. Then, give one-step commands using simple language.

Tip #5: Offer the YogaKids DVDs so they can practice at home.

This will help your students get more comfortable and familiar with the poses.

Tip #6: Take advantage of props.

Remember, many of these children have low muscle tone. Core strength in the abdominals and back muscles can be compromised as well. Weakness in these areas may show up during the class. Utilize props (bean bags, mats, rolled towels, chairs, pillows, straps, the wall, therapy balls, blocks, non-latex stretchy bands, etc.) to help hold poses. Make modifications to the poses when necessary.

Tip #7: Model the movements and use “mirroring.”

Model everything for the children, then give a longer processing time for them to initiate the action before intervening. Also, mirroring can be a successful technique. Pair kids up so they can imitate each other in the poses.

Tip #8: Provide plenty of visuals.

Using visuals (pictures of animals, nature or landscapes) can help with guided imagery. When reading, sit next to the student. Point out the pictures, giving extra time for visual processing. Enlarge materials in case of visual impairment.

Tip #9: Use “chill-out” strategies.

Encourage relaxing in Child’s Pose or another pose that feels good if the child needs to re-group. Designate a space for “chilling out” (no more than 30 seconds to a minute, initially). Engage in progressive relaxation prior to reduced motor portions of the session (reading or savasana). Also, provide a “fidget” (squeeze ball, beanie baby, a straw for mouth input, etc.) to hold during these times.

Tip #10: Focus on the process and not the product.

Teach as many classes with the same children as possible; this will allow you the time to make the

right modifications based on your own experiences. And remember: Enjoy the moment, use your intuition, think outside the box, meet the individual where they are, and have fun. This is truly teaching the YogaKids way.

Note: You will probably find that experience will be your best teacher with regards to teaching children with special needs. However, we do encourage you to browse the suggested resources listed here to better prepare you. Use the above tips and our suggested resources to complete the following assignment.

Suggested Resources for Teaching Children with Special Needs

- Yoga Therapy for Children with Autism and Special Needs by Louise Goldberg
- Yoga for Children with Special Needs by Aras Baskauskas
- The Out of Sync Child and The Out of Sync Child Has Fun by Carol Kranowitch
- How Does Your Engine Run by Williams and Shellenburg
- The Classroom Teacher's Inclusion Handbook: Practical Methods for Integrating Students with Special Needs by Jerome C. Yanoff
- Yoga for the Special Child by Sonia Sumar

Assignment #6 - Modifying a Lesson Plan from a Previous Module

Choose a lesson plan from an earlier module. Submit a paragraph describing how you would modify the lesson plan for a child with a particular special need; include the diagnosis. Use the 10 tips provided in this lesson as a guide.

Assignment #7 - Submit Lesson Plan from a Previous Module Prior to Edits

Email your original lesson plan without the modifications for special needs to your Module 4 Master Mentors.

Module 4: Yoga Philosophy and Lifestyle

Restorative Yoga

Restorative Yoga is a style of yoga that helps one relax, regenerate and renew. As you complete this module, you will be meeting new challenges and reflecting back on all your experiences. Taking the time to cultivate stillness is essential. As part of your continuing yoga education, attend a Restorative Yoga class (if possible) and integrate its unique aspects into your personal practice. (The class will satisfy one of your adult yoga class requirements.) If it's not possible, you can check out the suggested resources listed here to familiarize yourself with this style. Use your experiences to complete the next assignment.

The History of Yoga

"Yoga" is derived from the Saksrit word "yuj" which means "to join or to unite." Yoga has been practiced in India for more than 4000 years. Two thousand years ago, the sage Patanjali compiled The Yoga Sutras, 195 statements of yoga practices and theories. He was the creator of the eight fold path of yoga, suggesting not just asana and meditation will lead you to everlasting contentment, but also attitudes and behaviors (yamas and niyamas). Westerners discovered yoga less than a century ago and generally practice "Hatha yoga." "Ha" (the sun) and "tha" (the moon) is a union of two opposites, uniting the mind and body. Typically focused on asana and breath work, Hatha Yoga includes such styles as Vinyasa, Ashtanga and Iyengar. Yoga is a personal and spiritual practice (not a religious one). Use the suggested resources to learn more about yoga and complete the next assignment.

Attend Adult Yoga Classes

Throughout the duration of this module, you will need to attend at least one adult yoga class with a Registered Yoga Teacher (RYT). This will help you cultivate your personal practice. You will need to include proof of attendance.

Suggested Resources for Learning Restorative Yoga

- Yoga: The Spirit and Practice of Moving into Stillness by Erich Schiffmann
- Relax and Renew: Restful Yoga for Stressful Times by Judith Lasater
- Yoga for Stress Relief (DVD)
- Yoga: Gentle Practice (DVD)
- YogaGlo.com

Suggested Resources for the History of Yoga

- Yoga for Children by Swati and Rajiv Chanchani
- The Yoga Tradition: It's History, Literature, Philosophy and Practice by George Feaerstein

- Myths of the Asanas by Alanna Kaivalya, Arjuna van der Kooij, Manorama & Shiva Rea

Assignment #8 - Experience Restorative Yoga

Submit one entry from your personal practice journal about your experiences with Restorative Yoga. What did you find most challenging/rewarding about it?

Assignment #9 - What is Yoga?

How would you concisely and simply answer the question, "What is yoga and where did it come from?" Write 3 short paragraphs in response. Each paragraph should answer the same question – once for each different age group: 2-6, 7-11, and 12 and up.

Assignment #10 - Attend Adult Yoga Class

Attend one adult yoga class and obtain the required signature. Email a scanned copy of this form when signed to your Module 4 Master Mentors.

Module 4: Teaching the YogaKids Way (a)

Teaching the YogaKids Way

You will teach four original lesson plans in Module 4. Use the YogaKids Lesson Plan Template. Each lesson you teach requires an accompanying session report. Self-evaluation is an important part of the teaching process. Two classes should be with children of special needs. For your special needs classes, you should use the session report designed specifically for a special needs class. Otherwise, use the Advanced Training Session Report as you've done previously. Complete the reports as soon as possible after teaching the class while the answers to the questions are still fresh in your mind. Before you teach, spend time observing children for the next assignment.

YogaKids Class Specifications for Module 4

- Required Number of Students: 1 or more
- Required Length of Class: 30 to 60 minutes
- Fee: You can charge for your classes or volunteer
- Location: Any appropriate location (classroom, studio, gym, park, your living room, etc.)

Age Ranges for Classes

There are 3 designated age ranges. During the course of your At-Home Practicum, you are required to teach at least 1 class in each age range. As the topic of teaching teens will be covered in Module 3, we ask that you focus on the younger students at this time. The designated age ranges are as follows:

- 2-6 year-olds
- 7-11 year-olds
- 12 and up

Note: We understand that the students in your classes may not fall exactly into these age ranges. Plan and market towards these age groups as best you can. If the median age of the students is within the appropriate range, the requirement will be met.

Assignment #11 - Observation

Observe children in a natural setting (classroom, park, birthday party) for at least 90 minutes and submit a journal entry about the experience. What were the age ranges of the children? What did you notice about their behavior? What lessons did you learn from the experience?

Assignment #12 - "Game On" Lesson Plan

Create, teach, and submit an original lesson plan called "Game On." Use the YogaKids Lesson Plan Template.

Assignment #13 - "Game On" Session Report

Submit the Advanced Training Session Report for your "Game On" lesson. For your special needs classes, you should use the Session Report designed specifically for a special needs class.

Assignment #14 - "Our Wondrous World" Lesson Plan

Create, teach, and submit an original lesson plan called "Our Wondrous World." Use the YogaKids Lesson Plan Template.

Assignment #14 - "Our Wondrous World" Session Report

Submit the Advanced Training Session Report for your "Our Wondrous World" lesson. For your special needs classes, you should use the Session Report designed specifically for a special needs class.

Assignment #16 - "What Is Yoga" Lesson Plan

Create, teach, and submit an original lesson plan called "What Is Yoga?" Use the YogaKids Lesson Plan Template. Include a brief summary of the definition and history of yoga.

Assignment #17 - "What Is Yoga" Session Report

Submit the Advanced Training Session Report for your "What Is Yoga" lesson. For your special needs classes, you should use the Session Report designed specifically for a special needs class.

Assignment: 19 - "Original" Lesson Plan

Create, teach, and submit a totally original lesson plan with an appropriate title to match the lesson. Use the YogaKids Lesson Plan Template. Get creative and have fun!

Assignment #20 - "Original" Session Report

Submit the Advanced Training Session Report for your original lesson. For your special needs classes, you should use the Session Report designed specifically for a special needs class.

Module 4: Evaluation and Review

Congrats! You're almost done with Module 4! Please wait for a confirmation that all your work has been completed and graded before moving to Level 3 of the YogaKids Teacher Certification Program.

PLEASE NOTE: If — when purchasing Level 3 — you left the specific event “undecided,” please be sure to [register](#) for the event you wish to attend at least 30 days prior to the start of the event. If you would like to complete the Certification Track and have not yet purchased Level 3, [click here](#) to make your purchase for this amazing, culmination event.

Assignment #20 - Identifying Your Special Needs Lesson Plans

Which lesson plans in this module were taught to children with special needs?

Assignment #21 - Original Great Idea

Submit a paragraph detailing an original idea from this module for incorporating a YogaKids Element into a lesson. This may be shared with the YogaKids community in our monthly newsletter, Elements in Action, and may be archived in our Great Ideas Library (accessible for all Certified YogaKids Teachers).

Preparing for Transformations: Introduction

Transformations Week is an amazing and powerful experience. We are honored by your commitment and dedication to bringing YogaKids to children as well as the adults in their lives.

The Main Intentions of Transformations:

- To share our expertise and experiences from the Advanced Training Practicum
- To deepen your personal practice and visualize your goals for your future.
- To prepare you to facilitate one-day workshops.
- To learn more about anatomy, yoga philosophy and chakras as related to child development.
- To provide a summation and review of YogaKids asanas and techniques.
- To share great ideas.
- To discuss and refine classroom management skills.
- To give you tools, guidance and marketing ideas for your YogaKids career.
- To discuss YogaKids licensing and continuing education.
- To celebrate your journey and certification.
- To have fun, play, laugh, explore, create and connect; to create bonds to last a lifetime.
- To return home empowered, rested and ready to roll with your new YogaKids life path.

Please remember to bring the following items with you to Transformations:

- Your own Yoga mat and any props that you need for your personal comfort
- Writing paper and pen/pencil
- Yoga clothes for each day
- One nice, casual outfit for a dinner party celebration
- Magazines that can be cut up for your vision board
- Any supplies you will need for your presentation

The following lessons are intended to help you best prepare for your Transformations Event. Please complete them before attending. We look forward to your Transformations!

Meet this Unit's Master Mentor

Shannon Rosnau

Email: shannonrosnau@gmail.com

Shannon fell in love with YogaKids in the year 2000. Having discovered the original YogaKids VHS tape advertised in the classified section of Yoga Journal, she ordered it for her then 2 year old, and they started practicing together! Fast forward to 2016, 4 kids and a lot of life and yoga experience later, Shannon took the plunge and registered for a Foundations training. It was everything she had hoped it would be and more! Now a CYKT, she is passionate about supporting people as they strive to live their yoga! As a home school mama and a life coach, she is no stranger to assisting people, big and small, in charting their paths and achieving their goals. She herself completed the Level 2 training in just over a month; so she definitely knows this is possible! Shannon holds BA (hons) and MA degrees in Political Science from the University of Alberta. She trained as a life coach through CoachU. A 25 year practitioner of yoga, she is currently working to deepen her knowledge through a 200 hour adult yoga teacher training. Shannon is a "snowbird" who gratefully divides her time between Qualicum Beach, British Columbia and Palm Desert, California. She is blessed to share her life with her husband, 4 kiddos, golden retriever and grey kitty!

Preparing for Transformations: YKA Presentations

YKA Presentations

Transformations is about coming together as a group, and allowing each YKA to shine, and share his or her talents. Each YKA is asked to share one of their BEST ideas in a short 10-minute presentation at Transformations. Present an original idea, topic of interest and/or expertise to you. YKA presentations are historically everyone's favorite part of the week. We gather together a uniquely wonderful, bright, and compassionate group at each of our Transformations events, and the richness of the topics shared makes for a wonderfully diverse week. You are not graded or judged, and presentations are very informal. Please relax... and plan on having fun sharing your unique gifts with your peers.

Some of the topics at our recent events include:

- Teaching tips for a large class
- Unique We-all-Win Game
- Specific activities for children with disabilities
- Original Yoga guided visualization
- Budget-friendly Visual Vignette

Make sure to present your topic the YogaKids way by including movement and activities when applicable. (If discussing a Visual Vignette, provide the completed projects for the participants to see.) You may provide handouts, but as we move into a greener company, handouts are no longer required. You may choose to email accompanying documents after the event. Please do not rely on technology, as it is not always available.

Assignment #1 - Submit Your Presentation Idea

Submit your presentation idea for approval. Include a detailed description including how your idea was incorporated into a class, resources, etc.

SAMPLE PRESENTATION TOPICS

- RCAWY Book - When I was a Boy I Dreamed by Justin Matott
- Special Needs - Classroom management ideas for elementary age ADHD students

Preparing for Transformations: Your Best Lesson Plan

Your Best Lesson Plan

Use your experience to refine 1 lesson plan from your Advanced Training Practicum. Choose from your most unique and successful lesson plans. Use the Lesson Plan Template and clearly follow the class format. Your plan will be edited by the YogaKids team and, if approved, will be uploaded to our Lesson Plan Library. After graduation, you will have exclusive Tree Membership Level on the YogaKids website and access to our Lesson Plan Library — where your plan will be available to all our CYKTs.

Please follow these guidelines:

- Submit the plan in a Word document.
- Use black ink, Calibri font and 12pt. font size.
- Use only YogaKids poses, and make sure to use the correct pose names.
- Use the correct Element name, and list the Element used for each pose.
- Include as many of the 14 YogaKids original Elements as possible.
- Don't list an Element under a pose if you are not describing how that Element was used, for instance I can list Ecological Echoes after Down Diggity Doggie Down if I am sharing a fun fact about dogs.
- Explain your Elements. For instance don't say, "share fun facts about dog." Actually write out the facts.
- Don't explain how to do the poses. If you have something different or special you want taught in a particular pose, you may share that.
- Don't write in the first person, remember your plan will be downloaded to our Lesson Plan Library for all our community, it should be general, not specific to you.
- Don't write in paragraph form, bullet points are best.
- If you have a Visual Vignette in your plan, share a picture if available.
- If your Quiet Quest includes a guided visualization, write it out. (This section can be in paragraph form.)
- Express your unique gifts, and let your light shine.

Assignment #1 - Share Your Best Lesson Plan

Submit one refined lesson plan from your Level 2 Training.