



YOGA LEARNING ADVENTURES

95-Hour Children's Yoga Teacher Training Information

Taught by Angie Swearingian, MA, ERYT-200, RCYT
in collaboration with Soulside Healing Arts

SUMMER 2019 TRAINING SCHEDULE

Customize your training: take one module or the complete 95-hour training to suit your personal or professional needs!

- ☐ **95-HOUR CHILDREN'S YOGA TRAINING including MODULES 1-4***
69 hours training + 27-hour practicum
June 8, 29, 30, July 13, 27, 28, August 10-11, 24-25, 2019, 9am-5pm
\$1,900 by May 25/\$2095 regular price
- ☐ **MODULE 1: Pre-school & Early Primary School
+ MODULE 4: Yoga Philosophy, Lifestyle and Ethics**
23 Hours Training + 9-Hour Practicum
June 8, 29, 30, & August 11, 9am-5pm
\$635 by May 25/\$700 regular price
- ☐ **MODULE 2: Late Primary & Middle School
+ MODULE 4: Yoga Philosophy, Lifestyle and Ethics**
23 Hours Training + 9-Hour Practicum
July 13, 27, 28, & August 11, 9am-5pm
\$635 by June 29/\$700 regular price
- ☐ **MODULE 3: High School
+ MODULE 4: Yoga Philosophy, Lifestyle and Ethics**
23 Hours Training + 9-Hour Practicum
August 10-11, 24-25, 9am-5pm
\$635 by July 27/\$700 regular price

*This option qualifies participants to register as a Registered Children's Yoga Teacher (RCYT) through Yoga Alliance.

Free Informational Meetings

Attend one of our free informational meetings at Soulside Healing Arts!

**Thursday, April 18 at 7pm
Sunday, May 5 at 1pm**

Can't make the meetings? Email angie@yogalearningadventures.com
or call Angie Swearingian at 309-453-8655 with your questions.

CONTACT INFORMATION

Trainer: Angie Swearingian
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Facebook: www.facebook.com/yogalearningadventures
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Phone: 309-453-8655

TRAINING LOCATION

Soulside Healing Arts
1311 SW Adams Street, Suite D
Peoria, IL 61602



FREQUENTLY ASKED QUESTIONS (FAQ)

Who is this training appropriate for?

- Yoga Teachers
- School Teachers (preK-high school)
- PE Teachers
- Health Education Teachers
- Pre-Service Teacher
- School or family counselors
- Child Psychologists
- Social Workers
- Physical Therapists
- Occupational Therapists
- Speech Pathologists
- Parents/Guardians
- Foster Parents
- Pediatricians
- Camp Counselors
- Recreation Directors
- Anyone who works with kids

What is included in this program?

- Everything you need to get started teaching yoga to kids!
- Comprehensive Teaching Manual
- Yoga Pose Cards
- YLA T-Shirt
- Sample Forms (class roster, lesson plan template, intake forms, etc.)
- Personalized aromatherapy roller (one at each module 1-3)
- Pair of Yoga Tune-Up Balls w/bag
 - using a scaffolding approach. This is 8 hours more than the industry standard.
- Specialty training in trauma-sensitive yoga
- Certificate of Completion
- Ongoing professional support

* RCYT credential contingent on successful completion of all training requirements

Are there any prerequisites?

You do not need any prior yoga experience or certifications. Our training program will teach you everything you need to know, from yoga poses to classroom management to trauma-sensitive practices. If you would like to register your training with the Yoga Alliance, you will need to take a 200-hour RYT program, but they can be completed in any order. Please read the Yoga Alliance RCYT registration requirements so you can make an informed decision about your participation.

Who will be teaching this training?

Angie Swearingian is on a mission to teach self-regulation skills to children of all ages through yoga and mindfulness practices! Here's her background:

- 17-year teaching career at Peoria Public Schools
- Bachelor's Degree in Elementary Education
- Master's Degree in Teaching & Leadership
- 10 years of personal yoga practice
- ERYT-200 Yoga Teacher Training Certificate
- RCYT-95 Children's Yoga Teacher Training Certificate
- 150 hours training in Therapeutic Yoga for Children
- 7 years teaching yoga to children in the classroom, in PE to the whole school, in after school kids' yoga classes, summer yoga camps, and now in schools through the community
- 2 years providing professional development to educators

What if I have to miss a training session?

You must complete all portions of each module in order to receive a certificate. However, we understand that life happens, so we will offer make-up assignments including reading, watching videos, and completing assignments for the material covered during the sessions that you missed and additional practicum hours and/or joining another group for the module that you missed during the next session it is offered.

How does the practicum work?

Think student teaching. Participants will observe and assist the trainer, then team teach, and finally independently teach yoga to children in varied settings, listed below. Participants will arrange other options if it makes more sense due to schedules, distance, etc. Alternative options include observing and assisting a local kids' yoga teacher, teaching yoga to individuals, small groups, or in your classroom. Participants have up to a year to finish the practicum.

- YLA Kids Yoga Classes, Tuesdays & Thursdays 3:15-4:45pm (school year)
- YLA Kids Yoga Camps, Monday-Friday 9am-noon (3-4 weeks in summer)
- YLA Family Yoga Classes, Fridays 6:00-7:30pm (school year & summer)
- YLA Yoga in Schools, varied schedule, populations, and locations (mostly school year)
- Private Family or Kids' Yoga Class (varies)

How does certification work?

The 95-hour children's yoga specialty certificate is an endorsement on a 200-hour yoga teaching certificate, although it does not matter the order in which they are received. You can take the modules separately, but taking all 3 is required to register as a Children's Yoga Teacher through Yoga Alliance. After you've completed the 95-hour training, Yoga Alliance requires 30 hours of teaching children yoga before qualifying. After taking this coursework and the practicum, you will be qualified and prepared to teach yoga to children in a variety of settings, even if you do not have your 200-hour yoga certificate.

How can I meet the trainer, check out the training venue, and learn more?

Attend one of our free informational meetings at Soulside Healing Arts on Thursday, April 18 at 7pm or Sunday, May 5 at 1pm.

I'm on a Budget. Is there a Payment Plan for the 95-Hour Training?

Due Dates	Fees
Deposit	\$350
June 8	\$300
June 29	\$300
July 13	\$300
July 27	\$300
August 10	\$300
August 24	\$300

Can't make the informational meetings?

Email angie@yogalearningadventures.com or call Angie Swearingin at 309-453-8655 with your questions. You can also check out the Yoga Learning Adventures' website at www.yogalearningadventures.com

CONDENSED SYLLABUS

(Full syllabus can be viewed at the Free Informational Meetings.)

Background in the Specialty Area

- Child Development
- Parental Engagement

Techniques, Training, and Practice

- Yoga Poses for Individuals, Partners, & Groups
- Mantras and Chanting
- Breath Awareness
- Meditation & Relaxation
- Yoga Games & Creative Movement

Teaching Methodology

- Lesson Planning
- Children with Special Needs
- Trauma Sensitive Yoga
- Classroom Management

Anatomy and Physiology

- Basics of anatomy and physiology
- Anatomy and physiology's application in yoga
- Benefits and contraindications of yoga poses and breathing exercises
- Energy Anatomy
- Modifications and Adaptations

Yoga Philosophy, Lifestyle and Ethics

- The Eight Limbs of Yoga
- Yamas and Niyamas
- The Yoga Biz
- The Ethical Classroom

27 Hour Practicum

- Children's Yoga Observations
- Team Teaching Children's Yoga
- Independent Children's Yoga Teaching

