

SHINE YOGA KIDS

Children and Teens Yoga Teacher Training Certification

**A Yoga Alliance approved certification course for parents, teachers, and everyone who wants to teach yoga to young people.**

Yoga has proved to help young people tremendously with self-regulation and focus. Small children gain coordination motor skills. Teens gain self-acceptance of themselves and others. All children benefit from the many facets of yoga when brought together in a structured environment that fosters acceptance, safety and compassion. Young Mountain at Shine Yoga Kids will give you the necessary tools to create this environment while successfully facilitating an effective (and safe) yoga class.

Created by the faculty of Yoga Mountain, one of the most established teacher training programs in the United States. The Young Mountain professional yoga certification program is built on sixteen years experience teaching youth of all ages in schools, hospitals, yoga studios, campgrounds and playgrounds.  Gain knowledge from leaders in the field who currently work with children as yoga teachers, yoga therapists and writers. Hosted by Shine Yoga Kids, a teaching studio for yoga teachers and a public studio for kids of all ages that practice i the art of yoga. The program includes four weekend modules, plus a fifth module of integrative work. These modules can be taken independently or in full for Yoga Alliance certification.

**Module 1. Grounding and Centering in Yoga**

Asanas, yoga exercises, breathing techniques, self-regulation techniques. The language of yoga. Yoga for age-specific groups - children, teens, and young people with special needs. (Depression, hyperactivity, autism, physical disability, nervous disorders, eating disorders, obesity, etc….)

Yoga class design and teaching.

**Module 2. Stretching and Strengthening in Yoga**

Asanas II, breathing techniques II, teaching styles, class styles, The joy/fun of yoga. Yoga as self-exploration. Yoga for age-specific groups - children, teens, and young people with special needs. (Depression, hyperactivity, autism, physical disability, nervous disorders, eating disorders, obesity, etc….

Yoga class design and teaching.

**Module 3. Mindfulness and Meditation in Yoga**

Meditation for teens (age group specific), meditation for Children (age-group specific), meditation for young people with special needs. asanas practice; breathing techniques practice, creating your class, teaching styles II, rhythm, song, games, voice. Creativity in teaching and learning.

Yoga class design and teaching.

**Module 4. Self Regulation and Teaching Methodology in Yoga**

The science of self-regulation. Asanas practice; breathing techniques practice, defining your teaching goals, learning from your class. Relaxation techniques; yoga games.

An overview of yoga studies age-specific to children and teens, and young with special needs. Practice teaching, Yoga as Play, and more.

**MODULE 5. Integrating Your Knowledge…For those who are acquiring full certification**



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Children and Teens Yoga Teacher Training Certification (Continued)

**Those interested in obtaining Yoga Alliance Certification\* have an additional required teaching practicum which includes**

-Six hours observing teachers

-Twelve hours teaching children in the field

-Mentorship program

**Class Calendar**

Each module is a full weekend. There are no major holidays during the dates listed below.

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| Schedule |  | **Saturday**  **1:30-7:30** | **Sunday**  **12:30-6:30** |
| **January 26-27** | 2019 | 1:30-7:30 | 12:30-6:30 |
| **February 9-10** | 2019 | 1:30-7:30 | 12:30-6:30 |
| **March 9-10** | 2019 | 1:30-7:30 | 12:30-6:30 |
| **April 13-14** | 2019 | 1:30-7:30 | 12:30-6:30 |
| **May 18-19** | 2019 | 1:30-7:30 | 12:30-6:30 |

**Registration and Fees –**[***Download App***](Young%20Mountain%20%20YTT%202012_13%20200%20%20App%20Chidlrens%20app.doc)

Register for a single module or all four

$350 each weekend module

$1750 Full program with practicum and mentorship for certification

\*All five modules, mentorship and teaching practicum must be completed for Yoga Alliance certification.

# About Us

## Gail Bentley Walsh, Founder & Director of Yoga Mountain, ERYT 500, IAYT Yoga Therapist, YM Cert



Walsh is an ERYT (Experienced Registered Yoga Teacher) with the National Yoga Alliance. Her Yoga Mountain Yoga Teacher Certification programs have been on-going since 1994, approved by the National Yoga Alliance, <http://yogaalliance.org/>, and she has trained over 344 students in her 200 and (300) 500-hour yoga teacher certification programs. Yoga Mountain Yoga Therapy Certification is the latest addition to her roster of training and certification programs. The program is approved by the IAYT (International Association of Yoga Therapists) <http://www.iayt.org/>.

Gail Bentley Walsh has been teaching yoga in public, private and special education schools for eighteen years. She is an expert when it comes to k-12 education involving the science of yoga. Walsh is passionate about bringing these tools to every teacher, no matter what the teachers’ background or experience, since she knows firsthand that simply exploring these techniques together can begin to cause a cultural shift in faculty, staff and student body away from fear, depression, anxiety, poor health, hostility and violence.

A former Peace Corps Volunteer, Walsh is the founder and co-director of Yoga Mountain Inc., [www.yogamountain.com](http://www.yogamountain.com/). She started teaching yoga to public and private school teachers in 1998, offering training and workshops for K-12 educators including teachers, teaching assistants, health-care workers, social workers, psychologists, clinicians and school administrators. The YM program offers individual segments for pre-school yoga, children’s yoga, kid’s yoga, middle-school yoga and high-school yoga, as well as yoga for special needs learners with physical, emotional or learning disabilities. The syllabus includes breath and breathing techniques, deep stretches and exercises, mindfulness enhancing relaxation and meditation techniques, teaching methodology and the ‘science of yoga.’ Walsh designed her accredited graduate course for teaching yoga in the classroom with an emphasis on health, relaxation, self-confidence and self-regulation. Teaching Self-Regulation to Improve Academic Performance and Interpersonal Relations: Yoga in the Classroom© has been offered through The Rockland Teachers’ Center Institute (Expanding the art of teaching and learning) [www.rockteach.***org***](http://www.google.com/url?q=http://www.rockteach.org/NYSPrep.pdf&ei=czSNS4H-D4-WtgemnqnwCA&sa=X&oi=nshc&resnum=1&ct=result&cd=2&ved=0CAsQzgQoAQ&usg=AFQjCNF-Tn6E9J9KsF2BNzYhMoIH7ZjfTQ) and Mount Saint Vincent’s College in the Bronx, NY since 2006. It will soon be offered in counties throughout New York State. Walsh is on the board of the national non-profit organization to bring yoga into the classroom: K-12 YOGA.org; her YM programs are cited and described on their website [www.K-12YOGA.org](http://www.k-12yoga.org/)

***Gabriela Chinnock RYT 500, IAYT Yoga Therapist, YM Cert***

****** Popular children’s teacher, Gabriela combines her love of movement and yoga with an intense desire to guide children to feel empowered as individuals. Holding a BA in Dance/Choreography from UCLA and certified in the renowned Yoga Mountain and Color Me Yoga programs for children, she enjoys designing kid’s yoga classes, camps, workshops and programs for yoga studios and schools. She has 20 years of experience working in the movement/fitness world in NYC and L.A. While practicing yoga for 12 years, Gabriela has also spent the last 15 years as a leadership trainer in NYC public schools.

She currently works in three different school districts bringing yoga to kids k-12.

***SHINE YOGA KIDS- New City N.Y. Rockland County***



**SHINE YOGA KIDS** offers children and teens the opportunity to practice yoga in a fun, non-competitive environment.   Each class will introduce age appropriate yoga poses, incorporate games, stories or crafts, mindfulness exercises, and end with peaceful relaxation.    
  
Located in New City, NY, **SHINE YOGA KIDS** welcomes children and teens of all ages. Classes are typically offered as a 4, 6 or 8 week series, held once per week, and vary in length.  Private yoga sessions, workshops, birthday parties and Girl Scout troop classes are also available.

**Yoga Mountain & Young Mountain**

**SHINE YOGA KIDS**

**118 Maple Ave, New City, NY 10956** [**www.ShineYogaKids.com**](http://www.ShineYogaKids.com) **or** [**Info@youngmountainyoga.com**](mailto:Info@youngmountainyoga.com)