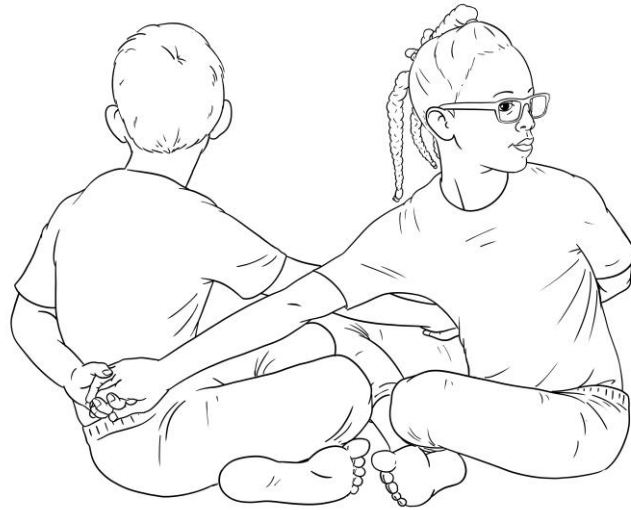


YOGA LEARNING ADVENTURES

95-Hour Children's Yoga Teacher Training Program

**EMPOWER
KIDS WITH
SELF-REGULATION
SKILLS!**



**EARLY BIRD
DISCOUNTS &
PAYMENT PLANS
AVAILABLE**

Customize the training to suit your personal or professional needs!

OPTION 1: Take the complete 95-hour training

- 95-HOUR CHILDREN'S YOGA TEACHER TRAINING***
70 hours training + 27-hour practicum

Dates:

March 7-8, 2020, 9am-5pm
 April 25-26, 2020, 9am-5pm
 May 30-31, 2020, 9am-5pm
 June 27-28, 2020 9am-5pm
 July 18-19, 2020, 9am-5pm

Cost:

\$1,700 by February 21, 2020
 or \$1900 regular price (if paid in full)

OPTION 2: Take one or 2 modules

- MODULE 1: Early Childhood (Ages 2-7)**
23-Hour Training + 9-Hour Practicum
Dates: March 7-8, April 25, July 19, 2020, 9am-5pm
Cost: \$635 by Feb 21/\$700 regular price
- MODULE 2: Middle Childhood (Ages 8-12)**
23-Hour Training + 9-Hour Practicum
Dates: April 26, May 30-31, July 19, 2020 9am-5pm
Cost: \$635 by April 10/\$700 regular price
- MODULE 3: Late Childhood (Ages 13-18)**
24 Hour Training + 9-Hour Practicum
Dates: June 27-28, July 18-19, 2020, 9am-5pm
Cost: \$635 by June 12/\$700 regular price

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

CONTACT INFORMATION

Trainer: Angie Swearingian
 Website: www.yogalearningadventures.com
 Facebook: www.facebook.com/yogalearningadventures
 E-mail: angie@yogalearningadventures.com
 Phone: 309-453-8655

LOCATION

Yoga Learning Adventures
 102 Fraser Street
 East Peoria, IL 61611

FREQUENTLY ASKED QUESTIONS (FAQ)

Who is this training appropriate for?

- Yoga Teachers
- School Teachers (preK-high school)
- College Professors in Teacher Education
- PE Teachers
- Health Education Teachers
- Pre-Service Teachers
- 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?

- Comprehensive YLA Teaching Manual
- YLA T-Shirt
- Pair of Yoga Tune-Up Balls w/bag
- Lots of contact with children during yoga practices
- Certificate of Completion
- Ongoing professional support
- RCYT Designation with Yoga Alliance*

* 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.

Policies

- Minimum 6 participants to hold training.
- No refunds 1 week prior to start of training. We will issue a credit and/or provide make-up options.
- If we cancel, we will issue a 100% refund.
- After your application is submitted, you will be notified of your status within 3 days. Once you have been accepted, you will receive a bill and your tuition balance is due via credit card (PayPal + 3% fee), cash, or check made payable to Yoga Learning Adventures. A non-refundable security deposit of \$375 will be due upon acceptance if balance is not paid in full.

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 for up to 14 hours, including reading, watching videos, listening to podcasts, and completing additional practicum hours. You always have the option to join another group for the module that you missed during the next session if it is offered. Make up hours are due 1 year from the participant's start date.

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, commitments, distance, etc. Alternative options include observing and assisting a local kids' yoga teacher or teaching yoga to individuals, small and large groups in your classroom or work. Participants have up to a year to finish the practicum from their start date.

Upcoming Schedule

- YLA Kids Yoga Classes, Tuesdays 12-1pm, Tuesdays & Thursdays 3:15-4:45pm, 4th Tuesday of the month 6-7pm (school year)
- YLA Kids Yoga Camps, Monday-Friday, 9am-noon (summer)
- YLA Family Yoga Classes, various days & times
- YLA Yoga in Schools, varied schedule, populations, and locations (mostly school year)

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.

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

| <u>Due Dates</u> | <u>Fees</u> |
|--------------------------|-------------|
| Deposit upon application | \$375 |
| Oct 5 | \$375 |
| Nov 16 | \$375 |
| March 7 | \$375 |
| April 25 | \$375 |
| June 27 | \$375 |
| July 25 | \$375 |

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
- Level 1 iRest® Teacher

Questions?

Email angie@yogalearningadventures.com or call Angie Swearingian at 309-453-8655 with your questions or to request a visit to the studio.

**WE HAVE HAD THE PRIVILEGE TO TRAIN PROFESSIONALS AND/OR
TEACH CHILDREN FROM THE FOLLOWING SCHOOLS & ORGANIZATIONS:**

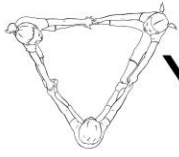
| | | |
|--|---|--|
| Bartonville Grade School Beverly Manor Elementary School Bradley University Canton High School CB Smith Primary School Charter Oak Primary School Children's Home Deemack Primary, Junior, & Senior High Dunlap Middle School East Peoria Community High School Franklin Primary School Hartsburg-Emden High School Hickory Grove Elementary School Jamieson Vocational School John Hensey Elementary School Kellar Primary School Knoxville Center for Success Limestone High School | Lincoln Middle School Lindberg Middle School Lutheran Social Services Methodist College Monroe Grade School Morton Academy Morton Junior High Mossville School District Norwood Primary School Oak Grove School Pekin District 108 Pekin High School Peoria Heights Grade School Peoria Public Schools Developmental Center Peoria Public Schools PT/OT Department Peoria Regional Office of Education Pleasant Valley Bright Futures | Pleasant Valley Elementary School Princeville Elementary, Junior & Senior High School Roosevelt Magnet School Quest Middle & High School Richwoods High School Ridgeview Elementary School Robein Elementary School Roosevelt Magnet School SEAPCO Academy South Pekin Grade School Sterling Middle School Thomas Jefferson Primary School Valeska Hinton Early Childhood Washington High School Wilder Waite Grade School Woodland CUSD |
|--|---|--|



**Angie Swearingian, Lead Trainer & Owner
Yoga Learning Adventures**



Studio



YOGA LEARNING ADVENTURES

95-Hour Children’s Yoga Teacher Training Application

DIRECTIONS: Fill out the application as thoroughly as possible. Choose how you submit.

- E-mail completed form to angie@yogalearningadventures.com
- Mail to Angie Swearingian, Yoga Learning Adventures, 102 Fraser St., East Peoria, IL 61611
- Fill out online: www.yogalearningadventures.com

SELECT TRAINING SESSIONS:

- 95-HOUR CHILDREN’S YOGA TRAINING including MODULES 1-3**
March 7-8, April 25-26, May 30-31, June 27-28, July 18-19, 2020, 9am-5pm
\$1,700 by February 21/\$1900 regular price
- MODULE 1: Early Childhood (Ages 2-7)**
March 7-8, April 25, July 19, 2020, 9am-5pm
\$635 by September 21/\$700 regular price
- MODULE 2: Middle Childhood (Ages 8-12)**
April 26, May 30-31, July 19, 2020 9am-5pm
\$635 by April /\$700 regular price
- MODULE 3: Late Childhood (Ages 13-18)**
June 27-28, July 18-19, 2020, 9am-5pm
\$635 by May 15//\$700 regular price



Name _____ Phone _____

Email _____

Street Address _____

City, State, Zip _____

What is your background with children? Do you have and/or work with children? How old are your children and/or how many years have you been in your field? In what ways do you hope to share the practice of Yoga with children? Please answer thoroughly.

Do you have any yoga experience? If yes, how long & how often? Where do you practice? What styles of yoga do you practice?

Do you have any meditation experience? If yes, how long & how often? Where do you practice? What style of meditation?

Do you have any formal yoga or meditation training, such as a teacher training or certification program? What designations do you have? (RYT-200, ERYT-200, RYT-500, ERYT-500, RPYT). What yoga or meditation schools/teachers did you study with?

Do you have an exercise routine? If yes, please describe.

List any limitations, physical or mental health issues, allergies, or injuries that you feel I should know as your yoga teacher. This information will help me to make the experience more comfortable for you.

How did you hear about this training?

Emergency Contact of someone who is available during our training:

Name _____ Phone _____ Relationship _____

After your application is submitted, you will be notified of your status within 3 days. Once you have been accepted, you will receive a bill and your tuition balance is due via credit card (PayPal + 3% fee), cash, or check made payable to Yoga Learning Adventures. A non-refundable security deposit of \$3575 will be due upon acceptance if balance is not paid in full.

