



CEU Course Information: Radiant Child Yoga levels 1-3 Training:

Level: Beginner/Essential : Prior knowledge of yoga is helpful, but not required to participate. Attendees should wear loose, comfortable clothing, anticipate work on the mat, and engage in 27 hours of coursework.

Participants will:

- a) Learn a wide variety of simple yoga postures and exercises to share with children on the mat and at the desk
- b) Guide children in quieting and focusing the mind through the breath and relaxation techniques.
- c) Learn valuable songs, games, and other techniques for engaging children in mental and physical health
- d) Learn how to apply the principles of holistic health/yoga to assist themselves while teaching
- e) Learn cooperative communication skills for effective teaching.

3. Improvement Practices:

In this course, teachers who are practiced in yoga, as well as those who are novice will be able to feel confident sharing yoga with children. The course is 50% lecture and 50% practicum. Participants will be guided in a practical way to experience yoga as children would.

They will also receive a comprehensive training manual, as well as a wide variety of other materials (CDs, DVDs, books and workbooks). These will function as reference material for at home or school practice. Participants will create their own presentations and have a chance to present those to the group for feedback. Participants will also learn techniques for increasing brain connections (Brain Gym), will learn cooperative classroom management skills, and strengthen their communications skills.

Course includes a practicum for verification of skills learned: Each participant is required to create a lesson plan, teach a children's yoga class, and write a summary of their experience. This assignment will be emailed to the teacher for feedback. Certificate of course completion (30 hours) will be emailed at completion of practicum.

4. Competencies

Participants will be able to:

- a) Lead age-appropriate yoga classes for their students that contain yoga, deep relaxation, quiet time, and yoga related activities, such as songs and games.
- b) Design and implement lesson plans for children's yoga.
- c) Provide a classroom environment that is supportive of the nature of a children's yoga class.

5. Performance Indicators

As a result of this course, participants will demonstrate their ability to:

- a.) Employ cooperative, non-reactive communication when interacting with children

- b.) Guide children of all ages (pre-schoolers through teens) with yoga, relaxation and breathing techniques.
- c.) Guide children to use yoga appropriately and safely.
- d.) Employ self-discipline and creativity in their ability to smoothly manage the classroom
- e.) Work effectively with yoga for children with special needs: SPD, ADHD, Autism, and children with anxiety, and those in high-risk areas
- f.) Use what they've learned as an opportunity for personal improvement.
- g.) Communicate the natural health benefits of yoga with parents

Founder:

Shakta Khalsa, is one of the world's leading experts on children and yoga, having worked with both since the mid-1970s. She is a trained yoga professional at the highest level (ERYT-500), is a parent, an AMS certified Montessori educator, and the author of five well-known yoga books, including the classic *Fly Like A Butterfly: Yoga for Children*. Shakta is the founder and director of Radiant Child® Yoga, an internationally known training program for teaching children yoga and healthy life skills. Website: www.childrensyoga.com