

100-Hour Advanced-Level Certification Program

HeartRise® Children's Yoga Teacher Training

Techniques 20 Hours

- Cross-disciplinary focus on age-appropriate asanas and posture flows
- Choosing and using music to create energetic shifts
- Choreography of movement sequences to age-appropriate music
- Partner poses, games, chanting, meditation & pranayama
- Relaxation strategies, visualizations, stories and affirmations
- Choosing and using props, books, cards and visual aids
- Classroom management including strategies for learning differences and behavior challenges
- Teaching in varied settings, co-teaching, business & marketing

Teaching Methodology 15 Hours

- Methodology for creating experiential learning environments
- Age-appropriate timing, languaging, sequencing, and delivery
- Lesson planning, themes, organization and structure of a class
- Designing specialty classes (e.g. family yoga, caregiver & toddlers, yoga for athletes)
- Creating a safe, non-authoritarian environment
- Communicating and relationship-building with children and caregivers
- Balancing the need for structure and freedom in the classroom
- Placing yourself in the role of learner as you teach
- Harnessing the energy of the room and being in the moment
- Engaging the six senses and using multiple intelligence techniques

Anatomy & Physiology 10 Hours

- Engaging students in the exploration of anatomy & physiology
- Games, books, stories and songs as teaching tools for learning anatomy
- Eastern and Western approaches to physiology and energy anatomy
- Benefits & Contraindications for all techniques
- Avoiding common injuries in yogic practices
- Age-specific adaptations for asana and pranayama

Child Development 16 Hours

- Experiential exploration of developmental considerations for toddlers through to adolescence
- Typical development, individual development, cautions for developmental stages
- Teaching multiple age groupings
- Considerations for female and male learners at different life-stages
- Supporting age-specific milestones
- Self-study as it relates to child development
- Communicating and relationship-building with children and caregivers
- Communicating effectively with family system and professionals involved in child's life

Overview of Yoga Philosophy, Lifestyle and

Ethics for Children's Yoga Teachers 16 Hours

- Incorporating yoga philosophy in age-appropriate ways
- Learning philosophy through the use of games, visualizations, affirmations and play
- Fostering a non-competitive, inclusive class atmosphere
- The practice of yoga as a contemporary health and wellness tool
- The Chakra system or "Rainbow Body"
- Healthy boundaries in the student-teacher relationship
- Caution, care and ethics in hands-on assists
- Creating a safe and protective environment
- Collegial and ethical relationships with parents and associates
- Confidentiality
- Local, regional legal parameters, policies and procedures
- When to refer to other professionals

Practice Teaching and Observations 18 Hours

- Observing, assisting, co-teaching, and teaching
- Design and teach mini classes in your style
- Teaching mock classes and classes with children
- Practice teaching in small groups
- Co-mentoring & self-evaluation
- Giving and receiving feedback
- Designing a lesson plan to use at home