



yy4k RCYT Syllabus

Our syllabus is broken down into one practicum and five teaching modules, all of which enhance our chances of positively and effectively providing success for our future teachers and ultimately the children they have the good fortune to teach. Each module can be taken as a stand-alone course or in a series to meet the requirements of 95 hours of instruction for the Yoga Alliance designation of Registered Children's Yoga Teacher.

TOTAL HOURS: 95 hours

Total min. contact hours: 87 hours

Total min. contact hours with Lead Trainer(s): 37 hours

Module 1	20 hours	Techniques, Training and Practice	Lead/Faculty
Module 2	12 hours	Laying the Foundation	Lead/Faculty
Module 3	15 hours	Teaching Methodology	Lead/Faculty
Module 4	10 hours	Anatomy and Physiology	Lead/Faculty
Module 5	12 hours	Philosophy, Lifestyle and Ethics	Lead/Faculty
Module 6	18 hours	Practicum	Lead/Faculty

After completing training with a RCYS, graduates must also teach 30 hours of children's yoga before they may register as an RCYT. These hours of children's yoga must be taught after graduating from a RCYS.

Module 1

Techniques, Training and Practice: 20 hours

Contact hours: 5 hours, taught by yy4k Faculty

Contact hours: 15 hours, taught by yy4k Lead Trainer

Min. contact hours: 20 hours

Min. contact hours w/ Lead Trainer(s): 15 hours

By applying yy4k's mission statement with the overarching theme that in yoga, "Everyone is a winner!" we will explore yoga-based practices, training and techniques for each of the yy4k pre-defined age groups. Our exploration will include asana, asana-based movement, the use of books and yoga-based games and activities, as well as chanting and breathing techniques, all with the goal of encouraging strong mental and physical health for each and every child we teach.

We are given the unique opportunity to influence the future of our students when parents entrust their kids to our care in our classrooms. Our goal and mission is to leverage our skills and years of experience to impart the most useful techniques and methodologies to our teachers. Working with an 18-month mini tot is quite different than working with a 15-year old. By the end of this module, our teachers will have the skills and confidence to work with children at any age level.

Module 2

General Background for Teaching Yoga to Kids: 12 hours

Contact hours: 12 hours, taught by yy4k Faculty

Min. contact hours: 12 hours

Min. contact hours w/ Lead Trainer(s): 0 hours

This module welcomes candidates into the world of teaching yoga to children. Why is teaching yoga to children different than teach to adults? What should a teacher keep in mind when relating to children? How about when the teachers have conversations with the parents or guardians, what do they need to know?

Participants will gain an understanding of developmental stages from age 1.5-15 years and how understanding each stage impacts how we teach.

This module will also convey the importance of a yoga teacher's relationships with parents/guardians and developmental specialists as well as the basic communication skills necessary to strengthen those relationships.

This module sets the stage for the rest of the curriculum as required by Yoga Alliance. Each section that follows will address the specifics of appropriate developmental applications for the different age groups yogees yoga 4 kids has defined. These groups are the following:

- 18-28 months – mini tots
- 2.5-4.5 years of age – preschool
- 5-10 years of age – elementary
- 11-14 years of age - middle school
- 15 years of age – high school

Module 3

Teaching Methodology: 15 hours

Contact hours: 3 hours, taught by yy4k Faculty

Contact hours: 12 hours, taught by yy4k Lead Trainer

Min. contact hours: 15 hours

Min. contact hours w/ Lead Trainer(s): 12 hours

Our approach to having success in the classroom and in each child's experience as a yoga student begins with our preparation as instructors. yy4k uses the wise progression of sequencing, Vinyasa Krama, to create successful classes for their students.

This preparation includes knowledge of classroom techniques, creating lesson plans as well as group processing for children's activities. When teaching yoga to kids, it is not only about asana, it is about making the class structure age-appropriate. Our faculty will share with you the teaching skills and techniques you will need for the classroom to convey your messages to the students and really communicate with your class. Through the use of stories, songs, picture books and other interactive tools, you will be empowered to work with your students and create an environment of fun, calm and success. You will learn the tools that you need to teach your students how to let their inner light shine.

Module 4

Anatomy and Physiology: 10 hours

Contact hours: 10 hours, taught by yy4k Faculty

Min. contact hours: 10 hours

Min. contact hours w/ Lead Trainer(s): 0 hours

It is no mystery that changes occur in a person's body as they grow from an 18-month-old to adolescent 15-year old, but what is actually happening? This module identifies those answers and gives our teachers a strategy for using that knowledge to create meaningful, safe, effective and fun practices for their students at every age level. We will show our teachers, through the use of skeletal models and other tools how the body develops and changes and how those changes will affect the way a child moves at both the muscular and skeletal levels.

We will examine and apply the techniques learned in Module 2 to inform our teachers of benefits, contra-indications, healthy movement patterns as related to the practice of yoga. Anatomy and physiology related specifically to changes during child development is an integral part of understanding how to effectively teach children yoga in a safe and fun way.

Finally, our teachers will learn strategies to work with the subtler aspects of children, their energetic anatomy and physiology such as the chakras and the nadis system. If we can teach our teachers to direct the energy of the children they teach in a constructive way, those children will then be able to find calm and peace in their daily lives. We will give our teachers the skills to employ pranayama and relaxation techniques that their students can take off their mats and into their daily lives.

Module 5

Yoga Philosophy, Lifestyle and Ethics for Children's Yoga Teachers: 12 hours

Contact hours: 12 hours, taught by yy4k Faculty

Min. contact hours: 12 hours

Min. contact hours w/ Lead Trainer(s): 0 hours

In module 5, our faculty will share how to introduce yoga philosophy, lifestyle and ethics to children. We begin with introductory concepts of the eight limbs of yoga. We provide strategies for making the learning of the Yamas and Niyamas fun and informative for each age group. Through repetition and song, we go further into the foundational concepts of yoga and how we got to where we are.

Teaching children is a multi-faceted discipline. This module provides our teachers with outline of ethical behavior in working with children at all levels. Further we discuss these behaviors not only according to societal norms but also in accordance with state, and local legal requirements as related to the supervision of children.

Our goal is to provide our teachers with specific training in parameters and techniques with regard to teaching children. This refers to the language and behavior used while interacting with children, both when parents or guardians are present and when they are not.

This module is a safeguard on all levels for both teachers and students so that everyone is speaking a common language regarding what is expected and acceptable behavior (and norms for working with and closely interacting with children.)

Module 6

Practicum: 18 hours

This module is comprised primarily of observation and teaching hours to be completed by each teacher both with the yy4k faculty as well as the yy4k Lead Trainer and on their own.

- A total of 4 hours must be dedicated to observing our Lead Trainer in action, teaching different yy4k age groups.
- A total of 2 hours will be dedicated to observing one of our Faculty members in action, teaching different yy4k age groups.
- The other 12 hours are dedicated for our teachers to practice teaching either as a co-teacher with our Lead-Trainer (at least 4 hours) or as a lead teacher with or without the yy4k Faculty assisting.
 - o Those hours should be broken down in the following manner:
 - 3 hours with mini tots
 - 3 hours with preschool
 - 3 hours with elementary
 - 3 hours with middle school or high school

Total teaching, contact hours: 12 hours

Teaching, contact hours with Lead Trainer(s): 6 hours (at least 4 hours as lead teacher)

Total observing, contact hours: 6 hours

Observing, contact hours with Lead Trainer(s): 4 hours

Observing, contact hours with Faculty: 2 hours

Students will be required to keep a log of their hours and to turn in written assessments of each class whether observed or taught. Student teaching hours must be Seva (selfless service) hours taught under the yogeas umbrella at approved locations only. (ie: Jonathan's Place, Mosaic House) Students will be given the opportunity to discuss their experiences with their peers as well as with the yy4k staff. We encourage the sharing of any stories, questions or ah-ha moments that the students

experience in group discussion or on a one-on-one basis with our staff so as to gain further clarity and heighten everyone's learning experiences.

Elective hours (8 hours)

Our electives are to be distributed among educational categories according to the school's chosen emphasis (may be contact or non-contact hours). Students must choose a total of 8 hours of electives.

- Teaching yy4k camp format (4 hours)
- Teaching to special populations (4 hours)
- Teaching kids yoga workshops with themes (4 hours)
- Mindfulness (8 hours)

As of June 2018, yy4k will offer Mindfulness training as a part of our core curriculum. This training will replace the need for additional electives. However, these electives will still be offered on a rotating basis as continuing education for existing teachers.