



Yoga Rocks! Kids® Teacher Training Certification Requirements

There are no requirements for taking this training program. You will be a Certified Yoga Rocks! Kids Teacher (C-YRKT) as a result of completing the 100 hour program.

Those who are RYT-200 or RYT-500, as registered through Yoga Alliance may apply for the Specialty in Children's Yoga as recognized by Yoga Alliance. At the completion of the training, one may register as RYT-C (C is for Specialty in Children's Yoga).

The Adaptive Yoga for Every Child Program

Offered in conjunction with C.W. Post, Long Island University, Continuing Education and Professional Studies (CEPS)

The aim of the Adaptive Yoga for Every Child Training Program is to give adults the tools they need to effectively teach yoga skills to children of all ages and abilities. Our practical and informative training will provide you with what you need to teach traditional and non-traditional poses and teach you age appropriate language and methods for creating a fun, yet calming environment for kids. You will also learn effective methods of classroom management and stages of child development in order to modify, differentiate, and make your instruction appropriate for all children.

Offered as two 15 hour workshops – or combined as a 4 day intensive – this interactive training introduces you to the principles of Adaptive Yoga for Every Child in the Yoga Rocks! Kids® Program. All workshops provide a unique and balanced approach to wellness by including mindbody movements, breathing exercises, simple yoga poses, social/emotional skill development activities, relaxation/storytelling processes and emotional guidance techniques. Workshops are suitable for teachers, counselors, yoga teachers, therapists and adults who work with or just love children.

For those going on to become a **Certified Yoga Rocks! Kids Teacher (C-YRKT)**, you will need to complete the **Certification & Internship Program**.

Adaptive Yoga for Every Child 1 – THE BASICS

This 15 hour hands-on workshop or now also offered exclusively as an online training course, outlines the Adaptive Yoga for Every Child Program and provides the basic foundation for teaching yoga to children of all ages and abilities. This comprehensive training is a pre-requisite for all other courses and is suitable for all levels and abilities. Through lecture, hands-on learning, reflection and discussion, you'll learn the Adaptive Yoga for Every Child Program as a complete wellness system. You'll learn the research supporting it and activities that can calm a lively class and develop attention and control in students.

This course will provide you with the basic knowledge and ability to immediately begin teaching simple Adaptive Yoga for Every Child development activities. You will learn the basic Adaptive Yoga for Every Child poses, games, songs, activities, relaxation skills and breathing techniques.

You will learn:

- ☞ The Basic Adaptive Yoga for Every Child approach to teaching children's yoga for kids of all abilities including ADD, ADHD, Autism, Asperger's SPD, etc.
- ☞ Guidelines for teaching yoga to children of all abilities from preschoolers to teens
- ☞ The History of Yoga
- ☞ The 8 Limbs of Yoga and Yoga Philosophy
- ☞ 20-25 Adaptive Yoga strategies such as poses, games, songs, and other play elements that kids love
- ☞ How to effectively practice and teach Belly Breathing
- ☞ How to teach Relaxation skills as well as incorporate meditation and singing or chanting into each class
- ☞ Effective Class Management skills and guidelines
- ☞ Suggestions and recommendations for you as the teacher
- ☞ Time for sharing and networking with others
- ☞ Basic Class Setup and Class Atmosphere
- ☞ Time for preparing your own mini-lesson
- ☞ Guidelines for getting started and teaching yoga to children in studios and schools

Level I Includes:

- ★ 15 Hours of interactive online training with Jeannine Smolinsky, M.Ed., E-RYT, creator of Yoga Rocks! Kids® and the YRK staff of certified teachers
- ★ Level I Teacher Training Manual
- ★ Poses, Games, songs, history, philosophy, and teaching methodology
- ★ Certificate of Level I completion

15 Clock Hours/CEUs and/or 1 Graduate/Undergraduate Credit available – certificate of training hours provided. Coursework also applies towards the Yoga Rocks! Kids Adaptive Yoga Certification Program.

Prerequisite: Completion of YRK Adaptive Yoga for Every Child 1 workshop course.

Cost: \$400, 1.0 CEU

Adaptive Yoga for Every Child 2 – ADAPTIVE STRATEGIES

This interactive 15 hour training course provides the next level of hands-on instruction through learning specific ways to approach children of all ages and abilities. Using highly experiential activities, students will learn adaptations for diverse abilities with specific instruction on attention, focus skills, integration, and softening or stimulating the environment. Breathing physiology, cognitive strategies and health and wellness lesson planning will also be included. Through lecture, hands-on learning, reflection and discussion, you'll learn additional Adaptive Yoga for Every Child activities and class plans that can be taught in a variety of settings to instill healthy, lifelong physical, mental, social and emotional habits in children as well as in yourself.

You will learn:

- ☞ The next level in the Adaptive Yoga for Every Child approach to teaching children's yoga for kids of all abilities including ADD, ADHD, Autism, Asperger's SPD, etc.
- ☞ Guidelines for teaching yoga to children of all abilities from preschoolers to teens
- ☞ 20-25 additional Adaptive Yoga strategies such as poses, games, songs, and other play elements to effectively help children of all abilities
- ☞ How to effectively practice and teach various types of breathing techniques
- ☞ Additional Relaxation skills such as calming and coping skills
- ☞ Partner Poses, Visualization, Storytelling and Journaling
- ☞ Additional Class Management skills and guidelines for issues as they arise
- ☞ How to use these strategies to support each and every child
- ☞ Suggestions and recommendations for you as the teacher
- ☞ Time for sharing and networking with others
- ☞ Time for preparing your own mini-lesson
- ☞ Guidelines for developing relationship with studios and schools for teaching these yoga strategies to children
- ☞ Information about Certification

15 Clock Hours/CEUs and/or 1 Graduate/Undergraduate Credit available – certificate of training hours provided. Coursework also applies towards the Yoga Rocks! Kids Adaptive Yoga Certification Program.

Cost: \$400, 1.0 CEU

Adaptive Yoga for Every Child Summer Intensive

This course provides the two workshops over a 4-day period. Held at a variety of beautiful retreat centers, this workshop is an excellent way to learn 30 hours of the Adaptive Yoga for Every Child activities in the Yoga Rocks! Kids Program in a focused learning environment.

30 Clock Hours/CEUs and/or 3 Graduate/Undergraduate Credits available – certificate of training hours provided. Coursework also applies towards the Yoga Rocks! Kids Adaptive Yoga Certification Program.

Adaptive Yoga for Every Child Mentorship and Certification

70 hour course of contact and non-contact hours

While you may take the first part of the program (Level I & II) and begin teaching yoga to kids immediately, in order to become a Certified Yoga Rocks Kids Teacher (C-YRKT) you must complete the Certification & Internship Program.

Once you sign up for the Certification Program, you are considered to be a "YRK Trainee".

APPLICATION PROCESS & ACCEPTANCE: You must fill out an application prior to acceptance into the Certification Program. Becoming a C-YRKT (Certified Yoga Rocks Kids Teacher) is for serious students only who are committed to teaching the Yoga Rocks! Kids Program and Adaptive Yoga for Every Child Method in schools, studios, and centers.

Certification Process for becoming a C-YRKT:

- ☞ This 70-Hour Certification Program is a self-study course that consists of a comprehensive manual of information, poses, reading materials and requirements. You will complete reading assignments, keep your own Yoga Rocks! Kids® Journal, develop your own personal practice and observe six (6) Yoga Rocks! Kids® classes during this training.
- ☞ In this Certification and Internship Program, you will be assigned to a YRK class where you will assist a C-YRKT teacher for ten (10) classes. Afterwards, you will

create twelve (12) of your own classes to teach in a school, home, or studio setting. All of this will be reviewed with you plenty of times prior to your Internship.

- ☞ This training includes poses, child development, poses for kids of all ages and abilities, age-appropriate techniques and yoga philosophy in addition to applying this knowledge as you prepare to teach 12 classes for kids.
- ☞ When completed, the candidate receives a certification diploma which recognizes 100 hours of training in The Yoga Rocks! Kids® Program (and the 95 hours required by yoga alliance for their "yoga for Children Specialization" designation. You must be an RYT to earn this status and successful mastery of the YRK curriculum and program.
- ☞ You will be connected to our growing community of parents, teachers, and therapists who desire to create a happier, healthier, and brighter world for our children and ourselves.
- ☞ You have 6 months to complete this training.
- ☞ More information will be given during the Level I & II Teacher Training Workshops.
- ☞ The Certification Program will be held from July - December of each year. Graduation will take place in December.

Benefits of Certification (becoming a C-YRKT) include:

- ☞ A listing on the Yoga Rocks!® website.
- ☞ Wholesale Yoga Rocks! Kids "Teacher Kits" which consist of materials to promote your classes including professionally designed business cards with your name, postcards, YRK apparel, and the YRK Journal.
- ☞ Discounts on classes, workshops, clothing and more at Yoga Rocks!
- ☞ Eligibility to become a YRK Mentor to new YRK Trainees.
- ☞ Diploma of Certification
- ☞ Signed non-exclusive Licensing Agreement (yearly fee required due in September each year)
- ☞ Information on how to build your own Yoga Rocks! Kids Program at your school, center, or studio.
- ☞ Updated lesson plans for Fall, Winter, and Spring

Certification and Internship Process:

1. After you have completed all assignments and reading material and observed the six (6) Yoga Rocks! Kids® classes, you will be assigned to a Yoga Rocks! Kids® class to assist ten (10) classes.
2. After you have assisted in ten (10) classes, you will then teach twelve (12) classes on your own, guided and supervised by your assigned mentor.
3. Once completed, you will receive the Final Exam and information for Certification.

C-YRKT Benefits include:

- ★ The right to use the Yoga Rocks! Kids® copyrighted curriculum, course materials and marketing materials.
- ★ A listing on the Yoga Rocks!® website.
- ★ Access to our online "Teachers Corner" where you will find information that you need to know about teaching and business development with fellow C-YRKTs.
- ★ Discounts on YRK® promotional products including business cards, promotional postcards, posters, apparel and clothing, the YRK Journal® and Yoga Rocks Box®, YRK® Sequence Books, CDs, Continuing Ed seminars, and retreats.
- ★ Eligibility to become a YRK® Mentor and eventually a YRK® Teacher Trainer devoted to spreading the growth of Yoga Rocks! Kids® around the world.
- ★ Certification Diploma & Graduation
- ★ Information on how to build your own Yoga Rocks! Kids® Program at your school, center, or studio and/or employment at Yoga Rocks!®.
- ★ Signed non-exclusive Limited License Agreement
NOTE: In this agreement, you will find all of the requirements necessary for becoming certified. These requirements include proof of liability insurance, and samples of your use of the Yoga Rocks! Kids® name. Annual Fee of \$99 Required which gives you the ability to use the Yoga Rocks! Kids® name and affiliation.

Yoga Rocks! Kids® Certification signifies:

A commitment to the mission of Yoga Rocks!® LLC and to teaching, practicing, and spreading of Yoga Rocks! Kids® into the lives of children and families.

A commitment to Yoga Rocks!®, Yoga Rocks! Kids® and The Yoga Rocks! Kids® Program consisting of personal growth work and ongoing training.

A commitment to providing the best quality instruction in using the Yoga Rocks! Kids® Program with children and families.