

Yoga Rocks! Kids® Adaptive Yoga for Every Child I Online Training With Jeannine K. Smolinsky, Founder, Yoga Rocks!

Course Objectives

- ☞ To learn the Foundations of the Yoga Rocks!® Kids Program and Method
- ☞ To understand the healing impact of yoga for children of all ages and abilities
- ☞ To learn, practice, and be able to teach the 15 of the 50 Yoga Rocks!® Kids Adaptive Yoga for Every Child yoga poses effectively and safely
- ☞ To learn, practice, and be able to teach a sampling of Yoga Rocks!® Kids PLAY elements: games, songs, dance walks.
- ☞ To learn how to setup a Yoga Rocks!® Kids class
- ☞ To learn, practice, and be able to teach Yoga Rocks!® Kids Relaxation and Rest as well as close the class with the Three Wishes Peace Circle
- ☞ To feel comfortable and confident teaching a Yoga Rocks!® Kids class
- ☞ To feel honored and proud to teach Yoga Rocks!® Kids skills to children of all ages and abilities
- ☞ To become part of the growing Yoga Rocks!® Kids family
- ☞ To inspire children to lead productive, positive, and peaceful lifestyles
- ☞ To discover and/or inspire your own daily yoga practice and find the “Yoga Rocks!® Kid” in you!
- ☞ To experience the process of your training with passion and joy!

Materials

- ☞ Registration Form (found on the www.YogaRocks.us website.)
- ☞ Yoga Rocks!® Kids Participation Agreement (also on the website)
- ☞ Yoga Rocks!® Kids Adaptive Yoga for Every Child I Training Manual
- ☞ Sample Lessons for specific ages and groups
- ☞ Articles on Children’s Yoga
- ☞ Sample Yoga Rocks!® Kids Registration Form for kids
- ☞ Videos of the 15 Yoga Rocks!® Kids poses, breathing techniques, games, songs, dance walks and sample classes
- ☞ Additional Important Information throughout the course as needed

This Online Course is for:

- ☞ School teachers
- ☞ Parents
- ☞ Yoga instructors
- ☞ Therapists
- ☞ Counselors
- ☞ And anyone who wants to give children basic yoga skills to help them be more productive, positive, and peaceful.

Course Description

- ☞ This online Yoga Rocks! Kids® Adaptive Yoga for Every Child Training is the first level to becoming a Certified Yoga Rocks! Kids Teacher (C-YRKT). This training covers all the materials equivalent to an onsite 15-hour training weekend and sets the foundation for the full training.
- ☞ You will document your hours, complete all assignments, keep a journal, practice yoga regularly, learn the YRK yoga poses, games, songs, and dance walks as well as complete your own mini-lesson to submit via video or written via email.
- ☞ You will have 10 days to complete this course.
- ☞ You will email all assignments to me on a timely basis.
- ☞ When all is complete, you will receive a certificate of completion of the 15 hours required for full certification.
- ☞ This means you have 15 hours of Yoga Rocks!® Kids training under your belt and can teach the basics in your classroom, at home, or with kids in a studio. You are not entitled to call yourself a “Certified Yoga Rocks Kids Teacher (C-YRKT)” or call your classes “Yoga Rocks!® Kids classes” until you complete Adaptive Yoga for Every Child 2 course and the 70-hour full certification training (a 3-6 month home-study course.)
- ☞ You may say that your classes are “based on” Yoga Rocks!® Kids and that you have completed the 15-hour Adaptive Yoga for Every Child 1 training. The reason for this is that you really don’t know enough about how to effectively and correctly teach yoga to kids after one weekend o only 15 hours of training!!
- ☞ The Certification and Internship Program gives you everything you need to be a successful Yoga Rocks!® Kids teacher and even start your own YRK business in your area!!
- ☞ If you any questions, please let me know in advance as I will work with you to make this training the best it can be! Even though we are not training in person together, you will get a lot from this online version.
- ☞ If you live or are visiting the Long Island area, it would be my pleasure to set up a meeting time to review your materials and I would love to hand you your certificate in person too!

Important Information

While this training is a great way to learn the Yoga Rocks!® Kids Level I Program and Adaptive Yoga for Every Child Method, it is always better to learn face-to-face. If you wish to take a future onsite training, please note there will be a substantial discount!

In order to become a Certified Yoga Rocks!® Kids Teacher (C-YRKT) and to teach and represent Yoga Rocks!® Kids classes in your area, you must complete all three levels of the program (100 hours). Yoga Alliance has been working on creating standards for Children’s Yoga which would be a 95-hour requirement to obtain a “Certificate in Yoga

for Children” specialization. Only yoga teachers can obtain this certificate but after years of teaching children in the public schools as a science teacher since 1996 and a kids yoga teacher since 2000, it is absolutely essential to have 100 hours of training in order to be the best yoga teacher you can be. This is why I set up the training as such. It is easy to complete, fun to practice, and gives you and the kids all the skills you need to be a really great kids yoga teacher!

Adaptive Yoga for Every Child 2 give you 15 more hours of Adaptive Skill Training and the 70-hour Certification and Internship Program consists of reading, journaling, observing YRK classes, assisting C-YRKT’s at the classes they teach on Long Island, Queens, and Brooklyn (and from time to time, NYC), student teaching 12 classes on your own (I will assist you with this!), and attending monthly meetings either in person (to connect with other C-YRKT’s) or via teleconference.

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I am very passionate about teaching yoga to children **SAFELY AND CORRECTLY** because they can get hurt! Therefore, please do not give this information to anyone who is not trained by me as they will not understand the material as you will!

In Adult Yoga, you need 200 hours to teach yoga. Since there are no Professional Standards, (...YET! The 100-hour standards are coming soon!) for teaching Kids Yoga, we want to set the precedent for it NOW and keep this program within the hands of only the trained Yoga Rocks!® Kids teachers. It is NOT in the best interest of the kids if untrained teachers are teaching kids yoga from reading books, manuals, etc. This is also why I feel that even just a weekend (or 15 hour) training isn’t really enough either. But at least you have a foundation which gives you more than just learning kids yoga from a book or video!

After you complete all levels, you are a Certified Yoga Rocks Kids Teacher (C-YRKT) and can call your classes “Yoga Rocks!® Kids.” You can say you are an Independent Affiliate of Yoga Rocks!® Kids and use the logo to market your classes. You will learn more about this at the end of the 1 & 2 workshops...or see our website for more information: www.YogaRocks.us.

You CAN, however, say your classes and training is “based on the Yoga Rocks!® Kids Adaptive Yoga for Every Child Program.”

Subsequently, you are **not** permitted to run workshops or train others in kids yoga. I am the only one who is able to run workshops and trainings in this program. You can, however, join me in this area, so please ask me for more information if this is something that interests you!

Frequently Asked Questions – FAQ's

1. What if I cannot do some of the poses?

If you are unable to do some of the poses, be gentle with yourself and allow yourself to do what you can. Most of the poses in Level I are easy to do for any age and ability. It is highly recommended that you practice yoga regularly to stay in shape and learn the poses well on your own. If you have any injuries and cannot do certain poses, we can work on modifications. Once you are very well versed in the poses you do not have to do the pose yourself...you can talk it through to the kids and have them demonstrate it! The use of pictures will be helpful for you as well.

2. Are there any prerequisites for this training?

While there are no specific prerequisites for the Level I Training, it is highly recommended that you join a studio and practice yoga on a regular basis. Ideally, you will already be doing this for 6 months or so, but again this is not mandatory. Try to get into a weekly class as soon as you can.

3. What is required for me to complete this online training?

You must complete all assignments within the 10-day training course. This includes all readings, journaling, written work, sample lesson via video, and paperwork.

4. As a result of this online training course, am I certified?

No, you are not a certified yoga teacher as a result of this online training. Level I is designed to give you a taste of the full training course. Level I is only 15 hours and that does not give you enough information and experience to become certified. You will receive a “certificate of completion” for your 15 hours of training. This is the first level of the certification process so this training is required to become certified.

5. What can I teach as a result of this training?

As a result of this training course, you have been given a taste of the Yoga Rocks! Kids program and method. You can begin to share the skills you learned in your classroom, your home, or if you are already a certified yoga teacher, you can use the skills to add to your classes. A 15 hour online training is not adequate to give you the full breadth of teaching the entire Yoga Rocks! Kids Program.

6. Can I teach a Yoga Rocks Kids class?

No, you are not able to call your classes, “Yoga Rocks Kids” classes as a result of this training. You are only able to do this once you are a Certified Yoga Rocks Kids Teacher (C-YRKT) and have completed the 100 hour Program. However, you may say that you

have completed the YRK Adaptive Yoga for Every Child 1 Training and your classes “are based on the Yoga Rocks Kids Program.”

7. Is this training recognized by Yoga Alliance?

Yes and no. As of 2010, Yoga Alliance is still putting together a “Specialization in Children’s Yoga” which will require 95 hours of training in a Children’s Yoga Program, such as the Yoga Rocks! Kids Program. YA is going to offer this soon and we will keep you posted on the status of this. Only certified yoga instructors who have completed a 200-hr training can apply for this certificate, however, and we recommend that you also take a 200-hr adult training program in order to be the best yoga teacher you can be! This is retro-active for all our graduates.

8. What type of yoga will I be learning in this training?

Yoga Rocks Kids is based on Hatha Yoga and Kripalu Yoga principles and methods. Jeannine’s science background is also very present in this training and this is what sets our training apart from other children’s training courses. We focus on training you with yoga skills that you use as therapeutic tools to help children in body and mind.

9. Will I receive the same benefits of an online training as I would with an onsite training?

Online training allows you to complete the Level I training course from your own home with the use of the training materials and visual aids. You also have 10 days to complete it versus the onsite weekend training. Onsite trainings give you personal feedback and one-on-one interaction with Jeannine and other students. There really is no substitute for an onsite training with personal attention! But, this online training is a great way to still get the Level I hours if you cannot make it to an onsite training. You are entitled to join in any Level I onsite training in the future for a very nominal fee as well.

10. How will I know if I am teaching the poses correctly?

Make sure you carefully review all training videos as thoroughly as possible and feel free to jot down questions to ask Jeannine. You have access to Jeannine via email throughout your training and even afterwards too, at any time, to ask questions. Try to schedule a personal meeting with Jeannine too, to review poses as needed. Also, look at the various DVD’s offered in yoga, take yoga classes, complete all reading materials, and practice all the poses on your own...even ask someone if you can practice teaching the poses to them to give you feedback too! If you want, videotape yourself and watch the video to see how you teach! Send it to me too and I will give you feedback!! Focus on teaching the poses correctly and safely and do them over and over again to ensure you really know them before you start teaching them to the kids.

11. If I want to become a Certified Yoga Rocks Kids Teacher (C-YRKT) what do I do?

In order to become a Certified Yoga Rocks Kids Teacher (C-YRKT), you must first complete the 15-hour Level I training either online or at an onsite location. Following this, you would complete the 15-hour Adaptive Yoga for Every Child 2 training. Then, the Certification and Internship program can begin which is a 70-hour home-study course. You must complete this entire program in order to become a Certified Yoga Rocks Kids Teacher (C-YRKT) and be able to call your classes “Yoga Rocks Kids” classes. You can sign up for the Certification and Internship Program directly after you complete the Adaptive Yoga for Every Child 2 training. Usually the Certification program is held from July-December (or you may finish sooner) but we can take a few students at other times of the year depending on Jeannine’s availability.

12. How do I stay in touch after the Level I training? What steps must I take?

After completing the YRK Level I training, you then take the Adaptive Yoga for Every Child 2 training followed by the Certification Program. Once you are certified, there are many ways to stay connected as well as some requirements. You will stay connected by attending the YRK TEACHER AND STAFF MEETINGS either in person or via teleconference call. You have unlimited access to emailing Jeannine at any time as she is very focused on helping you build your Yoga Rocks! Kids Business in your area. You have unlimited access to the website, there are emails and newsletters, the Yoga Rocks! Blog, as well as the entire YRK teaching staff. Jeannine is also available for personal training sessions.

13. If I have health issues, are there poses and breathing techniques that I should avoid?

Please let us know of any health issues PRIOR TO your training so we can evaluate any issues and concerns together. Jeannine will let you know what you can do and cannot do, however you are completely responsible for your conditions and are advised to contact your health provider/physician prior to starting this program.

14. What if I cannot complete the training?

If you are unable to finish the training, you will not be reimbursed. Your full payment is due prior to training. You can, however, join in on another training within one year of your initial registration. Please be sure to contact Jeannine as soon as possible and make sure you are free and able to finish a training course such as this. Your commitment is a sign of being accepted into the Certification Program as well.

15. Application Process:

☞ Please make sure you read and understand this entire packet. If you have any questions, please contact us prior to registration.

- ☞ Print and mail the YRK LEVEL I REG FORM and the YRK LEVEL I PARTICIPATION FORM along with check payment to:

YOGA ROCKS! LLC
Jeannine Smolinsky
P.O. Box 696
Oyster Bay, NY 11771

- ☞ You may pay online as well through PAYPAL on the Yoga Rocks! Website, www.YogaRocks.us, if you prefer.
- ☞ FULL PAYMENT AND FORMS are due 30 days prior to your start date of training as Jeannine will organize materials and contact you during that time and get you started.
- ☞ Once payment is received you will be contacted via email and receive your Login Information to begin your YOGA ROCKS KIDS journey!
- ☞ You will have 10 days to complete the YRK Level I Online Training.