



YogaPeace
Sansthan

Syllabus for Kids Yoga Teachers Training Course

1. Name of the certification: Kids Yoga Teachers Training Course

2. Requirement/ Eligibility:

- a. For open candidates there is no eligibility criteria
- b. For admission in the course it is suggested/ desired that the candidate should have passed 10

th standard / secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility

3. Minimum age: No age limit

4. Personal Attributes: The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.

6. Credit points for certificate : 12 credits

7. Duration of course: Not less than 36 hours or not less than 1 month as part time or not less than 1 month as full time course.



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8. Practical :

1. Demonstration Skills
2. Teaching Skills
3. Application of knowledge
4. Field Experience

9. Theory Class

1. Introduction of Kids yoga
2. Personality Development
3. Creativity and concentration
4. Memory
5. Children according to yoga and their age
6. Yoga teachers' Relations with parents
7. Teaching methodology
8. Diet and nutrition for Kids
9. Kids Yoga Games

10. ANATOMY & PHYSIOLOGY

- Yogic anatomy – chakra and ten bodies
- Anatomy of a growing child
- Emotional needs of a growing child
- Creating a nurturing environment to support these needs
- Physical issues of modern lifestyle

BACKGROUND OF THE SPECIALTY AREA:

- Child Psychology
- Mind and Emotions
- Psycho-physical development of a child



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- Relation building with Parents – Proper communication
- Understanding challenges that children face – Peer Pressure, School, Friends, Family etc.

TEACHING METHODOLOGIES:

- Teaching various age groups
- Question handling and answering
- Creative Children Activities to keep them engaged
- Creative Communication

ANATOMY AND PHYSIOLOGY

- Basic organ system
- Contra indication and benefits of Yoga
- Dealing with Special Kids
- Healthy movement patterns
- Chakras and Nadis

YOGA PHILOSOPHY, LIFESTYLE AND ETHICS

- Yamas and Niyamas
- Ethics for Yoga teachers towards the parent and children
- Yogic Psychology

Mantra chanting and satsangs (Divine Songs)

CERTIFICATION

After successful completion of the course and examination thereafter,
The student will be issued a Kids Yoga Teacher Training certificate from Ekam
Yoga Academy



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EKAM[®] YOGA

Retain beauty of body, mind and soul!