

Children's Yoga Teacher Specialty Training - Learning Plan

Cloud Nine Yoga, LLC has certified Yoga Teachers worldwide since 2002.

We have 30 extremely skilled trainers with a well-organized curriculum, supporting Yoga students and teachers in expanding their knowledge and solidifying their training. Our professional staff can assist you in becoming a competent, sensitive, and uplifting guide to all ages, all levels, and all bodies.

Our RYS (Registered Yoga School) has FIVE specialized programs offered in association with the National Registry of Yoga Schools, called The Yoga Alliance.

These courses are: [100 RYT Children's Yoga Teacher Certification](#), [100 RYT Prenatal Yoga Teacher Certification](#), [200 RYT In-Depth Yoga Training & Basic Yoga Certification](#), [300 RYT Advanced Yoga Training and Certification](#) and [50 Hr Continuing Education Yoga Training Certification](#). Programs are offered in Hawaii as an Immersion Program, or held in various US locations in a 4-5 month course structure. Our Trainings are designed to impart knowledge and confidence in teaching yoga and focused on adapting the Yogic techniques to make it accessible to anyone -- even those with restrictions.

Pre-requisite: 2-years of personal yoga practice and/or completion of any 200 level yoga training program or equivalent.

We are honored to host some of the most respected and influential teachers as esteemed faculty and guest teachers.

RCYT HOUR BREAKDOWN

- **12 hours (contact)** +++ General Background in the Specialty Area
 - **20 hours (contact)** +++ Techniques, Training and Practice
 - **15 hours (contact)** +++ Teaching Methodology
 - **10 hours (contact)** +++ Anatomy and Physiology
 - **12 hours (contact)** +++ Yoga Philosophy, Lifestyle, Ethics for Yoga Teachers
 - **18 hours (contact)** +++ Practicum
 - **13 hours (non contact)** +++ Elective Hours / Self Study
- 100 Total Hours (87 contact hours)

TOPICS

General Background

Childhood Development:

- Class Groupings
- Developmental Stages
- Gender differences and similarities
- Energy level differences
- School types

- Learning styles
- Class management
- Relationship with Parents/Guardians
- Relationship with Studio or School
- Discipline in class

Techniques, Training and Practice

Yoga with Children:

- Goal/purpose of class (yours and theirs)
- Settings goals and objectives for class
- Working from With-In (vs. with-out)
- Recognizing energy levels (yours and theirs)
- What does a yoga class look like
- What do yoga students look like
- Choosing to be there (student and teacher)
- Studio or school setting or homeschool setting
- Class size / Teacher to student ratio
- Private lessons
- Democratic classes
- Safe environment
- Tuning in / Grounding (for teacher and students)
- Asana (play)
- Meditation on the mat
- Meditation in movement
- Experiencing Prana and creating Pranayama practice
- Mantra and Chanting
- Mudras
- Games
- Stories
- Creating practice using story
- Relaxation
- Creating Lesson Plans / Class Syllabus
- Directing energy
- Use of props (books, toys)
- When Fear Arises (Name it, Breathe through it, Own it)
- Help! (Returning to center and unfolding gracefully)

Teaching Methodology

Teacher as a Guide:

- Class Set up and break down
- Setting the space energetically
- Defining and delegating responsibilities
- Creating Boundaries (students and teacher)
- Creating a Safe Place
- Teaching the Yamas and Niyamas

- Communication with Students
- Deep listening
- The “Troubled” Child
- Children with Special Needs

Anatomy and Physiology

The Body:

- Physical structure
- Developmental changes
- Emotional development and how it develops and evolves throughout childhood
- Energy System
- Use of props to enhance practice (how and when)
- Intuition (recognizing and honoring)

Philosophy, Lifestyle, and Ethics

Standing in Integrity:

- Let it Start with You
- The Whole Child
- Parents and “aunties” and “uncles”
- Setting intensions (for class and beyond)
- Modeling the Yamas and Niyamas
- Ethical behavior and languaging
- Boundaries to keep both the child and teacher safe
- Touch (How, When, and If)

Practicum

Applied:

- Putting it all together in a Practical Application
- Peer teaching and review
- Assignment: Report on creating lesson plan, teaching it, and observing results
- Go out into the world and report back (In-class teaching with children)
- Consultation (Check in with Lead Teacher – What’s working and what is not)

APPLICATIONS ACCEPTED ALL YEAR