



BECOME A KIDS' YOGA TEACHER

**KIDS YOGA TEACHER TRAINING
MAY 2023**

GENTLE BEGINNINGS, FOUNDATIONS & FAMILY

(Teaching yoga and mindfulness to 2-8 year olds and Family Yoga)

Creative Yogis is a Registered Children's Yoga School (RCYS) & Continuing Education Provider approved by Yoga Alliance USA. Karen Wightman is passionate, dedicated, and humbled to serve as a yoga & mindfulness educator to support and celebrate the uniqueness of each child at every age. Study with Karen and certify to become an inspiring, engaging, playful, and creative 'Registered Children's Yoga Teacher' (RCYT) making a positive impact in the lives of children and youth. It is her intention to guide you to confidently teach all ages and abilities safely, appropriately and meaningfully in a variety of settings

Providing a safe space for children and teens to express their feelings and thoughts can cultivate emotional intelligence and self-regulation. It increases self-awareness, supports anxiety & depression and can assist behaviour management by improving the connection to self and others. Empowering children, teens & families with the holistic skills of yoga and mindfulness allows them to thrive and shine whilst become caring, compassionate and empathetic well-rounded individuals.

WHAT TO EXPECT?

The seeds we plant in our bodies and minds at an early age create the potential for a happy, healthy and joyful life. In our busy world we are experiencing children as young as preschool age being impacted by the effects of stress. Evidence-based research shows us the value and health benefits of sharing the tools of yoga and mindfulness to support this precious age. 'Gentle beginnings, foundations & family', is an invitation to reconnect to your inner-child by immersing yourself in the world of children's yoga and mindfulness. Learn to nurture, nourish, connect and inspire both children and their families. Explore mindful movement, dance, simple breath awareness, creativity, mindfulness activities, games, laughter and song whilst connecting to JOY.

Crafted from a balance of theory and practice the training is facilitated in an interactive, educational, fun and dynamic format. You will learn current and age-appropriate tools that both children and their families will grow to love and benefit from. Family yoga and special events have gained increasing popularity as stress levels rise and family time lessens. A unique opportunity that brings all ages together to bond by sharing movement, connection, laughter and play whilst creating special memories.

It is my wish for YOU to feel confident in your skills, well equipped and inspired as you embark on your amazing journey of teaching our 'youngest yogis'.

TRAINING CONTENT

- Benefits of Yoga & Mindfulness
- Our role
- Development stages
- Practice teaching
- Multiple intelligence theory
- Safety, yoga anatomy & physiology
- Class structure & behaviour management
- Yoga philosophy
- Circle, music & chanting
- Mindfulness meditations & activities
- Creative breathing exercises
- Warm ups & poses
- Partner & group poses
- Games & activities
- Yoga through story
- Art & creative self-expression
- Relaxation
- Props & tools
- Class creation
- Yoga in schools & all settings
- Family yoga & special events
- The Biz & being a 'yogipreneur'

WHO IS THIS TRAINING FOR?

If you have a passion and a desire to share the benefits of yoga and mindfulness with children and families, then this training is for you. Whether you are a yoga teacher, trainee, practitioner or educational professional, this training offers continuing education.

Health-care professionals, therapists, social workers and child psychologists can find inspiration and techniques to share in the workplace. Wonderful parents & grandparents are invited to bring yoga play and mindfulness into your children's lives. An opportunity to enrich and nourish your time together in creative and health-orientated ways.



PRACTICAL INFORMATION

WHEN?

MEET ME AND JOIN OUR KIDS YOGA TEACHER TRAINING IN MAY 2023

Gaia Dharma Centre

Children's Yoga Teacher Training

MAY 4TH-8TH

Thursday May 4th	9.00 to 17.00
Friday May 5th	9.00 to 17.00
Saturday May 6th	9.00 to 18.00
Sunday May 7th	9.00 to 18.00
Monday May 8th	9.00 to 17.00

WHERE?

@Gaia Dharma Centre
Vlierbeekberg 107, Overijse BELGIUM 3090

(Accommodation available by request and at a small extra supplement)

PRICE

Early Bird* €980 EUR (until February 28th, 2023)
Regular Price* €1.110 EUR

*A non refundable 200€ deposit will be asked in order to secure your spot, and will be deductible upon final payment.

[REGISTER HERE](#)

MEET THE TEACHER



Karen Wightman is the Founder and Senior Trainer of 'Creative Yogis' a vibrant and passionate yoga & mindfulness provider. She is both a local and international children's yoga instructor, advisor, teacher trainer and children's art teacher with more than 20 years of experience. Karen first began practicing yoga in Thailand in 1995 and initially assisted in children's yoga classes under the guidance of her teacher Justin Herold in the Iyengar Yoga School in Bangkok in 2003. She then went on to coordinate a 3-year programme at Satit Kaset International Program in Bangkok.

In 2006, Karen moved to Australia to immerse herself fully in the study of yoga with Master Teacher Nicky Knoff where she completed her first RYT 200 hours teacher training in the Knoff system. She met world-famous Rachel Zinman in 2007 and finally completed her second teacher training in the Ishta System becoming a RYT 500 hours in 2014 after a period of extensive study. Karen has continued to develop her skills in children's yoga ongoingly since 2007 training with a number of leading teachers and pioneers in the field. Kylie Peters of 'Simply Kids', Christy Brock Miele of 'Yoga 4 Teens', Lorainne Rushton of 'Zenergy Yoga 4 Kids' and Charlotta Martinus of 'Teen Yoga Foundation'.

Currently based in the United Kingdom since 2020, Karen facilitates local and international teacher trainings and workshops in Australia, Japan, Europe as well as Hong Kong, Singapore and Shanghai in collaboration with Pure Yoga. When Karen is not a 'travelling yogi' she spends her time teaching the children and teens that continue to inspire her work. Her mission is to empower children and teens with yogic and mindfulness tools that promote holistic health and wellbeing to enable them to thrive and shine their full potential.

FAQs

WILL I BE ABLE TO TEACH RIGHT AFTER I GRADUATE FROM THIS 47-HOUR GENTLE BEGINNINGS, FOUNDATION AND FAMILY YOGA TRAINING?

Yes. All the course materials taught in this course prepare students with all the foundational knowledge and skills needed to become a confident and creative children's & family yoga teacher. Some students take it to deepen their own personal practice, kick-start a life transformational experience, while others do it to immediately start a teaching career. Students from our training begin teaching friends, family, moving into part-time teaching in studios, schools and then full-time teaching.

WILL I RECEIVE A CERTIFICATE AFTER THE PROGRAMME?

Upon successful completion of the programme and following the Code of Conduct students will receive a 'Certificate of Completion' (Yoga Alliance Accredited) from Creative Yogis for this teacher training programme.

PREREQUISITES FOR THE COURSE?

It is recommended that you have a minimum of one year's yoga practice prior to joining. This is encouraged as it enables you to have a basic understanding of the foundational poses and terms and maximises your overall learning experience.

HOW DO I BECOME A RCYT (REGISTERED CHILDREN YOGA TEACHER)?

You will need to complete the full 95HR RCYT program and be a RYT 200 with Yoga Alliance to be eligible. On completion of the additional requirements of 30 hours of teaching practice with the full 95-hour certificate students may then upgrade to the specialty designation of RCYT. This is a simple automated process and once your information is logged and the certificate uploaded, your lead trainer will be contacted by email to approve your request. Each individual student is responsible for this process and on approval will be able to add the RCYT designation to their credentials. However, a 200-Hour RYT training can be done either prior to or after the training.

TESTIMONIALS

I will recommend the course to everyone wanting to become a children's yoga teacher. It has been a fantastic experience. Thankyou so much Karen and love to you.

ADRIANA – TEACHER

I am beyond grateful that I jumped into the unknown and booked this training. Karen has been supportive, fun and motivating while passing on very well- structured information in a professional way.

CAMILLE - YOGA TEACHER

Thanks Karen for giving us a big bag of tools to use for being super kids teachers. And loved your enthusiasm also!

LAURA - YOGA STUDENT

The adventure was worthy, and it brings you value professionally and personally speaking. I cannot imagine a better teacher for that training. Karen and her infinite resources!

DELPHINE - YOGA STUDENT

Very nice experience with super energy and with a passionate woman. I feel stronger and ready to start!

JULIE - YOGA STUDENT

I feel confident that this training really provides the best tools to teach yoga to children in a fun and safe manner

ELISE - YOGA TEACHER

CONTACT



REGISTER HERE

WHATSAPP

0479388422

<https://www.gaiadharmacentre.be/>

Vlierbeekberg 107, Overijse
BELGIUM 3090

For more information send your questions to

ENQUIRE HERE