



## **Radiant Child Yoga Program**

### **Level 1 (RCYP1)**

#### **Children's Yoga Teacher Training Program Itinerary**

- Overview of children's yoga: benefits for children, teachers, and parents.
- Guidelines for teaching children at different ages from toddlers to teens
- Working with class management and discipline
- How to adapt children's yoga for schools
- Class structuring and marketing
- Sharing and networking with others in the class
- Focus on learning disabilities, ADD, ADHD, physically challenged children, at risk children.
- Using yoga to help teach body awareness and anatomy
- Working with children safely
- Keeping ourselves aware and focused while working with children

Visioning time: Each participant contemplates the gifts he/she brings to children and explores personal challenges to working with children's yoga.

Participants will be the "students" in the following:

- Sample of teaching young children (3-6)
- Samples of teaching ages 5-8, and pre-teens
- How to teach children quiet time and meditation
- Partner and group yoga
- Yoga games and songs
- Practicing Brain Gym exercises (that help co-ordinate the brain for learning)
- Yoga in Motion – music and actions



### **Level 2 (RCYP2)**

#### **Children's Yoga Teacher Training Program Itinerary**

Setting yourself for Success:

The cornerstone of your success as a children's yoga teacher is your personal practice. You will begin the day with an experience of Sadhana, the transformative power of daily yoga and meditation.

In depth study of Children's Yoga:

- Alignment and safety in postures
- Moving out into the marketplace
- More on special needs, at risk children, and Brain Gym
- Talking, listening, connecting with children
- Special focus on meditation with children
- More great Yoga Games!

### Practice:

In groups of 5-8 you will collaborate to develop and present a program of children's yoga to the rest of the class. Each group will concentrate on presenting the following areas for specific age groups:

- Introducing yoga to children who have never experienced it
- Practicing yoga with children
- Guiding children through deep relaxation and meditation
- Using yoga songs and games



RCYP course materials valued at €135 retail and included in the course fee are:

Fly Like A Butterfly: Yoga for Children, by Shakta Kaur Khalsa  
CD of Children's Yoga Songs and Meditation Music  
Kundalini Yoga by Shakta Kaur Khalsa  
Deeply Relax and Meditate CD  
A comprehensive teacher training handbook of over 55 pages  
Happy and Cozy children's music CD's  
Yoga in Motion DVD and Yoga in Motion Workbook (using music from Happy and Cozy CD's)

The course fee is €525 (€485 earlybird), inclusive of all materials, tuition, and website listing.

RCYP is secular, having no affiliation to any particular religious beliefs therefore making it suitable for all children. RCYP1 has qualified as 11 credit hours and RCYP2 has qualified as 8 credit hours for certification and continuing education credits for RYT200 (registered yoga teacher, 200hrs) status through Yoga Alliance ([www.yogaalliance.com](http://www.yogaalliance.com)).

Amanda Reid is the director of Samadhi Yoga. She began practicing Yoga in 1992 and teaching in 2000 after studying Integral, Satyananda and Kundalini Yoga. She is an IKYTA certified Kundalini Yoga teacher, and a member of Yoga Alliance and the International Association of Yoga Therapists. Amanda has completed the Basic certification and Advanced Levels 1 & 2 of the Yoga for the Special Child program. She is also a qualified herbalist, homeobotanical therapist and massage therapist, in her final year of studying for a Diploma of Naturopathy. Amanda conducts Radiant Child Yoga teacher training courses throughout New Zealand and internationally. Shakta Kaur Khalsa, a Montessori teacher and yoga teacher with 35 years experience, developed the program and Amanda was trained directly by Shakta to deliver this program.

For more information visit [www.samadhi.co.nz](http://www.samadhi.co.nz), email [samadhiyoga@paradise.net.nz](mailto:samadhiyoga@paradise.net.nz) or phone local co-ordinator Daniela at Unity Yoga on 086 3014428 or email [info@unity-yoga.net](mailto:info@unity-yoga.net).