



95 | **TEACHER**
HOUR | **TRAINING**

Children's Yoga

Course Prospectus





95hr CHILDREN'S YOGA



Atha yoga anushasanam - Yoga Sutra 1.1
(Translated: "Now the practice of yoga begins")

So let's begin now.

Children's Yoga

Namaste! Welcome to Gecko Yoga.

Being a Registered Children's Yoga School we offer teacher trainings for the entire life spectrum of the growing child. From babies, toddlers, children of all ages right through to teens we have modules to support their Yoga practice as they develop. The countless health benefits of Yoga are only now being recognised, and we believe these should be enjoyed by everyBODY regardless of age or ability.

About Gecko Yoga

Gecko Yoga is proud to introduce their Registered Children's Yoga School (RCYS) by Yoga Alliance USA. Gecko Yoga is committed to setting the standard of children's Yoga in Hong Kong, Asia and beyond. Gecko Yoga is the premier provider of quality children's Yoga programs throughout Hong Kong. Founded in 2009 by Jenny Smith when the concept of children's Yoga was a new idea in Hong Kong, Gecko Yoga was the visionary organisation sharing the benefits of children's Yoga throughout Yoga studios and schools. Gecko Yoga was a major influence in introducing Yoga into the Hong Kong school system.



Gecko Yoga Programs are designed to have a lasting impact, while at the same time capturing the children's attention in an interactive, highly educational, fun and informative manner. The Gecko Yoga 95hr Children's Yoga Teacher Training delivers 6 modules spanning the entire life spectrum of the growing child from infancy to teens.

Gecko Yoga offers:

- Teacher training courses on how to teach Yoga to children
- Participates in professional learning for school teachers
- Provides Yoga programs in schools that promote and spread the benefits of Yoga to children and teens.
- Workshops for entire families

About the Teacher



Jenny Smith LEAD TRAINER

E-RYT200, RYT500, RPYT, RCYT, C-IAYT, AAYT,
Level 2 member of Yoga Australia.

Gecko Yoga and Jenny have been featured in training professional development, health and wellbeing days for schools, in bespoke teacher trainings for pre and primary schools, as well as having offered Family Yoga classes at the annual Asia Yoga Conference. Jenny has personally taught over 1,000 hours of children's Yoga, to 100's of children and teens of all ages and has trained hundreds of teachers from around the world.

Gecko Yoga's mission is to positively impact the lives of millions of children and teenagers. Jenny believes that Yoga provides children of all ages with an unwavering belief in themselves and a strong foundation in a healthy lifestyle which lasts their entire lives. Her passion is to help children be the healthiest they can be and to help children believe in the limitless possibilities life presents, knowing that there is nothing they can't achieve once they set their minds to it.

The Gecko Yoga Philosophy

Gecko Yoga is about children having fun – healthy, active, imaginative fun – and empowering adults to make this happen.

Personal and individual approach: We love to share Yoga with a personal touch, getting to know your names and your needs so we can become your first touch to Yoga throughout your life – whether you are an infant or a senior trying a Yoga class for the very first time! We want to know that you've enjoyed the class and are here to help develop your Yoga practice.

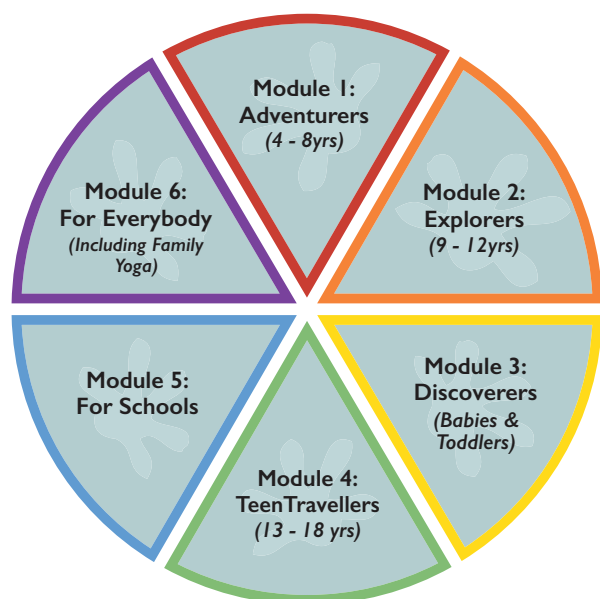
Quality teachers: Our teachers are all specialists in their areas. As Gecko Yoga is a Yoga school, we also get the chance to work with our graduates, thus extending the opportunities for a new career or extended offerings with their investment in their studies.

Passion: Put simply, we love what we do. We're passionate about Yoga and education, and continue to develop ways to share the knowledge, science and intelligence behind Yoga, natural healing and ways in which you can lead a fulfilling life.

Course Content

To support you through the entire course, Gecko Yoga's 95 hour Teacher Training course includes the following resources:

- Course Manuals for each module
- Games Guide
- Pose Pack
- Class Plan Pack
- Gecko Yoga Zone Access - one year access included in the full training which supports you with a listing on the Gecko Yoga website and private Facebook group for further mentoring.



A flexible module system forms the basis of Gecko Yoga's Teacher Training. Modules can be selected or omitted by participants to help ensure that their learning experience is tailored to the areas they wish to certify in.

Meet the Modules

MODULE 1 - ADVENTURERS Yoga Adventures, Poses, Breathing & Play for Children Aged 4-12 years (PART 1): Learn the essentials, philosophy and core elements of teaching children's Yoga.

- Participate & Observe a Class for Children Aged 4-8yrs
- Lesson Planning
- Breathing Exercises
- Prop Suggestions
- Yogic Relaxations
- YogArt & Crafts
- Child Friendly Songs & Chants

MODULE 2 - EXPLORERS Explore the Growth & Development of Children's Yoga for Children Aged 4-12 years (PART2): Anatomy & Physiology. Growing with your Students. Find your Voice.

- The Growing Child - Anatomy & Physiology of Children
- Your Role as a Teacher
- More themes, & Stories for Older Children
- Planning for Older Classes
- Voice Basics & Voice Health
- Partner & Group Yoga Poses
- Deepening our Energy Work

MODULE 3 - DISCOVERERS Discover your playful inner child. Baby & Toddler Years 123: Develop the connection to our natural yogic breath while planting the seed with lifelong intentions.

- Observe a Baby Yoga Class
- Developmental Anatomy & Physiology of Babies & Toddlers
- Baby & Toddler Massage
- Discover, Empower & Calm - Yoga for Mums
- Baby & Toddler Class Planning

MODULE 4 - TEEN TRAVELLERS Foundations for Life-long Learning: Exercises for Classrooms (for Primary & Secondary school years)

- Participate & Observe a Yoga Class for Teen Years 13-18
- Yoga Teaching Tips for Teens
- Class Themes for Teens
- Anatomy & Physiology - Typical Development During Adolescence
- Restorative Yoga
- Yoga Games for Teens
- Lesson Planning for Teen Yoga

MODULE 5 - YOGA FOR SCHOOLS Travelling Deeper into the Practise: A journey of self exploration while delving into the teenage years (13-18) of children's Yoga.

- Yoga for Schools Sample Class
- Some Background on Yoga - Why Yoga for Schools, Teachers & Students?
- Children & the 21st Century Brain - How Do we Know Yoga Works?
- History of Yoga in Education & Benefits of Yoga for Schools
- Mini Yoga Breaks - Yoga Class Preparation Routines
- Relaxation & Stillness Exercises
- Your Role as a Yoga for Schools Teacher & Support for Parents

MODULE 6 - YOGA FOR everyBODY Essential Inclusive Yoga, Relaxation Techniques, Yoga Therapy & Business In Children's Yoga: Connecting the oneness of children in your classes.

- Therapeutic Yoga Class "Living Loving Kindness"
- The Business Yogi
- The Effects of Yoga on Stress
- Yoga Relaxation Techniques
- Mindfulness & Yoga Nidra with Children
- Inclusive Yoga Classes - Yoga for Children with Special Needs
- Family Yoga



“Yoga is in us. It’s innate. But it is a gift that can be lost as we veer away from our inner child, our sense of play and wonder about our bodies. It’s amazing what we can achieve when we reconnect and are in our ‘element’.”

Jenny Smith

The Structure of the Course

Throughout the coursework, students gain knowledge and experience the many physical and energetic shifts made with the practice of Yoga. Students will be able to teach and observe children of all ages in Yoga classes. Applying the content learnt throughout the course with fun and inviting themes and techniques.

Postures - The building blocks of children’s Yoga and their benefits. Learn the do’s and don’t’s of Yoga and develop your confidence teaching children Yoga.

Child Development - Emotional, cognitive and social development so we can offer Yoga that is age appropriate.

Planning a Class - The recipe for a good class. Learn class management tools and other teaching techniques.

Anatomy and Physiology - For a safe practice. Postural guidelines and variations as well as safety considerations to make while teaching children Yoga.

Performance - Grow your following in children's Yoga. Yoga games and creative ideas to include in your lessons.

Active Learning Experience and Assessment - Quizzes and Exercises along the way to solidify your understanding and discuss any questions you have experienced.

Learning and Teaching a Yoga Class for Children - At Home Practicum - Plan, rehearse and then teach a class to at least 2 children, film and submit. Demo Classes - teaching children Yoga in class.

Testimonials

Jenny, thank you for the most wonderful training I am so grateful to have been involved in this amazing training. Your passion & enthusiasm has been phenomenal. You truly are making the world a better place. Thank you, thank you.

“

Everything taught, given & shared has been worth every penny. I have gained a lifetime's worth of knowledge. This training is the best outlet for teachers who are passionate & willing to change the world! Thank you so much Jenny.

“

Just a brilliant weekend! Enrolling on this course is one of the best decisions I've ever been brave enough to make. The course was well structured, clearly organised and thought-out, and bursting with useful, relevant information and resources. Jenny is a wonderful teacher who knows how to engage, inspire and support her students. I left feeling prepared and ready to challenge myself to teach and very excited to attend the next module. I would readily and eagerly recommend this course and Gecko Yoga to anyone! Thank you!!

“

The power to go beyond the children's training, the training has served me in my teaching (meaning academics not yoga) and even in my life. It helped me with my practice to take a different vision of it. Everything was done in a very intelligent way. Thank you again Jenny!



Course Delivery

Our course is delivered in a modular format in Hong Kong. Dates will be posted per training – please see the Gecko Yoga website for further information. Modules are also available as individual weekend workshops - please refer to our website for the costs and upcoming dates of these.

Course Costs & Terms

Full TT Early Bird Tuition:	HK\$16,888
Full TT Regular Price:	HK\$19,888

Payment Methods

Preferred method of payment is by direct deposit and or bank deposit. Credit card payments can be made by PayPal with fees applicable. Cheques can be made out to Gecko Yoga Ltd. and posted to the Gecko Yoga Academy address provided. Enquiries to info@geckoyoga.com for payment plan or other currency transactions.

Refunds and Transfers

Details are listed on the registration form in the terms and conditions. Please contact us directly if you have questions.

Registration & Payment

All registrations must be made by completing the online application form.

Places are only guaranteed upon approval and acceptance by Gecko Yoga Ltd. and payment received.

Priority will be given to those who sign up for the full 95 hour course.

Course Pre-Requisites

The full 95 hour Yoga Alliance Registered Children's Yoga Teacher Training Program is created for those teachers who want to enhance children's lives through the practice of Yoga. This training is designed to fit all schedules and professions, whether you are a school teacher looking for ways to activate learning opportunities in the classroom, a Yoga teacher who wants to expand your expertise or a caregiver with a commitment to your craft. All that is needed is a passion for Yoga with a minimum of one years dedicated practice and a desire to make a positive difference in the lives of our children (and have a lot of fun!).

It is not required that you are an RYT200, but if you are, at the completion of the requirements, you can add the Yoga Alliance RCYT designation to your credentials.



A Commitment to Learning

Interested students must:

- To be dedicated to the practice of yoga with a coachable attitude
- Have a deep desire to learn and personally explore the deeper dimensions of yoga
- Be free of major injuries going into the programme
- Students must be prepared to make personal sacrifices in order to achieve 100% course attendance
- Be willing to forgo most other personal or professional commitments for the duration of the programme

The Next Step...

Visit our website www.geckoyoga.com to fill in an application form.



Follow “**Gecko Yoga**” and “**Gecko Yoga Academy**” on **Facebook** and **Instagram** and subscribe to our events.

For more information on the course, you can contact us via email on info@geckoyoga.com



www.geckoyoga.com



info@geckoyoga.com www.geckoyoga.com

11/F, 22-24 Wing Lok Street, Sheung Wan, Hong Kong

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