



## **Radiant Child Yoga (RCY) Level 1-2 Description - 20 Hours**

- Level 1-2 Foundations course was designed for anyone interested in teaching children's yoga. It can stand alone or be applied through further coursework toward a Yoga Alliance Approved, 95 Hr or 200 Hr Certification through RCY.
- You will learn how to lead yoga classes from "parent & baby" through teens
- We will cover developmentally appropriate yoga for each age level including yoga poses, "Yoga in Motion" songs, yoga games
- Explore a variety of breathing & meditation practices for children, teens & adults
- Learn Brain-Balance Yoga and Brain Gym Exercises
- Address Yoga for Children with Special Needs
- Learn how to structure a class with practical tips to keep students focused & engaged
- Learn how to adapt children's yoga for different settings e.g., public schools, libraries, after school, yoga studios ...
- Explore "living from your center"- tools to keep yourself centered
- Learn what "Keep it Yoga - Keep it Fun" means when teaching children's yoga
- Radiant Child Yoga is based 75% on Kundalini Yoga (energetic) & 25% on Hatha Yoga. As part of this training you will participate in two full yoga classes, one appropriate for teens and one for adults. No previous yoga experience necessary, modifications will be provided for all abilities.
- You will be given time to collaborate with others in your workshop to create a unique yoga presentation to be shared on the last day of class
- We will review the basics of setting up a Children's Yoga Business
- A practicum assignment, which you will be well prepared for, will be required following your training

## **Radiant Child Yoga Heart & Soul Level 3 Description - 10 Hours**

- Enhance your relationship with children and in the process be reminded of the simple innocence and wisdom within yourself.
- Explore yogic teachings about children, including the four phases of childhood and the development of the energy field and chakra system.
- Learn ways to transform ordinary life into extraordinary life through yoga, meditation, and deep listening.
- Practice healthy communication habits and develop the ability "to be."
- This course is a unique learning opportunity which can stand on its own or be applied towards a Yoga Alliance 95-Hr Children Yoga Certification or a 200-Hr Radiant Child & Family Yoga Certification

## Who Should Attend Radiant Child Yoga Level 1-3 Training?

- Yoga teachers of all traditions
- Therapists (OT, PT, SLP) who work with parents and children from birth to teens
- Clinical Social Workers and Psychologists
- PS-12 public school teachers, including special area teachers
- PS - 12 private school teachers, e.g. Developmental Preschool Programs, Montessori Teachers, Reggio Emilia Teachers, Walden School etc.
- After school activity coordinators and summer camp counselors
- Early childhood education students
- Daycare providers, parents, grandparents, and nannies interested in engaging their children in age-appropriate yoga

### **RCY Level 1-2 Materials (included in tuition - \$225 retail value)**

You will receive a comprehensive children's yoga manual, 2 children's yoga CD downloads, "Happy" and "Cozy", a CD download for your own personal yoga practice, "Deeply Relax and Meditate", the Yoga in Motion DVD with Companion Workbook, and 2 books, Fly Like a Butterfly and Kundalini Yoga.

### **Radiant Child Yoga Level 3 Materials (included in tuition - \$40 retail value)**

A unique experiential Manual & Present Moment Awareness CD download will be provided. Your Level 3 materials are filled with Deep Wisdom, Children / Parenting Poetry, Theories on Energetic Development, Communication Practices, and Deep Listening Practices.

### **Radiant Child Yoga Level 1-3 Tuition**

Tuition and class size will vary depending on location. Check website for site specific tuition and class size. Register early to take advantage of Early Bird discount rates. Refunds, due to extenuating circumstances, will be provided minus a \$50 registration/processing fee and possibly the materials fee if course materials were ordered (e.g. 2-3 weeks prior to the workshop start).

I hope you will join me in helping to bring children's yoga to ALL children. Namaste - Sat Nam,  
Theresa Tovey, MOT, OTR/L, E-RYT, RCYT, YACEP  
Lead Trainer for Radiant Child Yoga



