

Building Strong Foundations



Roary & Friends Yoga Club

Training in fun and imaginative ways to encourage children to explore movement & relaxation

COURSE OUTLINE

Diploma Aims & Objectives

Section A - Introduction & Background

- Supporting the Early Years Foundation Stage (EYFS)
- Key Health & Well Being Strategies (Public Health)
- Yoga Health Benefits / Outcomes

Section B - Tips & Techniques

- Warm up Exercises
- Basic Postures (Asanas)
- Vinyasa – Sequence of Postures
- Breathing Exercises
- Relaxation, Visualisation, Mindfulness & Positive Affirmations
- Fun & Games

Section C - Teaching & Application

- Class Management Techniques (Do's & Don'ts)
- Health & Safety Considerations (Risk Assessments)
- Positive Communication & Having Fun
- Children with Special Needs/Requirements

Section D - Constructing a Successful Yoga Session

- Time Considerations/Constraints
- Incorporating Key Elements
- Making Sessions Age Appropriate
- Guided Experience
- Supporting Resources
- Use of Yoga Equipment/Props & Music

Section E - Marketing & Promotional Strategies

- Social Media
- Advertising Mediums
- Networking
- USP
- Email marketing/ telephone script and press releases

Who is eligible for this training programme?

This course is ideal for Yoga teachers and student teachers who would like to provide specialized classes for children.

It is open to parents, people working in schools & nurseries, child minders and children's health & sport practitioners to support their existing work with children & families.

Candidates without a Yoga teaching qualification must have attended Yoga classes for at least two years to be eligible for this course.

Requirements to qualify for the diploma

You are expected to attend the full training programme and participate in the required tasks, activities and assessments as well as complete all Feedback and Evaluation forms. You will receive ongoing feedback and encouragement throughout your training.

In the event where participants do not meet the required standards; we will identify areas for improvement; set a task that will provide participants with the opportunity to demonstrate that they have taken on board what was asked of them and demonstrate this successfully before being issued with the Diploma (Certificate).

You will be required to show proof of your Enhanced DBS Check and will require insurance to practice. We can arrange this through our Wellness Insurance Package or you can opt into the Yoga Alliance Package.

Our Standards

In order to maintain high standards of delivery and quality of training we aim to ensure that you reach a certain minimum standard to apply the techniques and your learning in the field. Whenever we feel that this is not the case, we will talk to you personally and try to put things right.

Dates & Venues

- Training dates : 13th – 16th September 2019
- Friday, Saturday & Sunday, 10.00 – 5.00pm are held at Sheffield Yoga School, Sheffield S6 3TA
- Monday 10.00 – 5.00pm at The Yoga Shed, S7 2LF

Cost

The fee for the course is £495.00.

The deposit is £150.00 (balance payable by 1st September 2019)

More information and details regarding cancellation policy, privacy policy, complaints procedure, code of conduct for teachers etc is available on request.