



Research on Yoga in Education



Foundation Module 2018

*Yoga Techniques for Children in
the Classroom*

Sheffield Yoga School

South Road, Sheffield, S6 3TA

Who is this course for?

The module is open to school teachers, trainee teachers, teaching assistants and special needs teachers; also to therapists, Yoga teachers who are working with children and to parents.

Participants need to be working with children.

Course Information

- Days run from 10am – 5pm (except 12th May which starts at 9.30am)
- Each day is practical and includes an adult yoga class and Yoga Nidra (relaxation) for your own personal experience
- Course covers RYE theory & practice on using yoga techniques in the classroom with children aged 3-18 years.
- Includes lesson plans for a variety of age groups and subjects, plus simple techniques to be used in a classroom, yoga class, small group or 1:1 setting

Module Requirements

- Weekly attendance to a recommended yoga class during the course
- Currently working with children & DBS checked
- Yoga teaching insurance cover must include working with children
- 100% attendance of course days

The Tutors

Kerry Gallagher is a qualified art teacher with experience of special needs in primary & secondary school.

She is also a Place2Be therapist counselling children in school

Lynn Parrott is a qualified primary teacher, working as a teaching assistant in primary integrating RYE yoga techniques in the classroom

Both trainers are qualified British Wheel of Yoga teachers with 15 years of experience teaching yoga to adults and children.

Kerry & Lynn trained in RYE with Micheline Flak, the founder of RYE

Venue : Sheffield Yoga School, South Road, Sheffield, S6 3TA

For further details contact RYE UK : info@ryeuk.org

This leaflet can be downloaded from :

www.ryeuk.org / www.sheffieldyogaschool.co.uk

The RYE Method

For over 30 years **RYE (Research on Yoga in Education)** has been working with educators around the world developing techniques & skills to enhance the learning environment within the classroom for both teachers and students.

RYE was devised by Micheline Flak in Paris in the 1970s. She experimented with yoga at school with remarkable results. RYE has since become a worldwide organisation with branches all over the world.

The RYE approach is to intersperse simple yoga techniques over the school day, integrating them into the topic of learning. This helps improve pupils' attitudes to learning and maximises their mindfulness, attention and memory. These techniques can be integrated into many different activities with children, offering valuable life skills. Research shows that these techniques can improve concentration, focus & self-esteem, promoting effective learning.

RYE Foundation Module

The six day RYE Foundation Module offers training in simple, fun & interactive yoga techniques adapted for the classroom for children 3 - 18yrs.

The Foundation Module 2018 involves six days training :

- **Saturday 12th May : Learning Through the Body**
- **Sunday 13th May : RYE Techniques for the Curriculum**
- **Saturday 16th June : Emotions in the Classroom** (Ways to calm tension & conflicts, enhancing motivation, concentration & learning)
- **Saturday 14th July : Preparation for Exams** (Practices to improve concentration & self-confidence in stressful situations)
- **Saturday 22nd September : Relaxation in the Classroom**
- **Saturday 27th October : Yoga and Children with Special Needs**

Costs

The fee for this course is £390.00. To reserve a place, fill in the booking form overleaf and return it with either the full payment or a deposit of £100.00.

- Cheques are payable to 'RYE UK'.
- Send to : RYE UK, 9 Burrow Road, East Dulwich, London SE22 8DU
- Contact us if you prefer to pay by bank transfer
- *Places are limited. Early booking recommended.*

BOOKING FORM

Name :

Address :

Post code :

Tel / Mobile :

Email :

Occupation :

If you are a teacher, please state primary / secondary and subject

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Do you practise yoga? If so, how long for and what style?

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Do you have an up-to-date Enhanced DBS check? **YES / NO**

NOTE : It is a necessary requirement for this course to have an Enhanced DBS, as part of the training is to practise using the RYE techniques with children.

Deposit : £100.00 ☐ (Please note this fee is non-refundable)

Full amount : £390.00 ☐ (Balance due before **16th April 2018**)

N.B. We reserve the right to reject any applications. Fee will only be refunded if we reject an application

Please return this form to:

RYE UK, 9 Burrow Road, East Dulwich, London SE22 8DU