

General Guidelines for Short Courses

Yoga Australia Guidelines for Short Courses are intended for already qualified yoga teachers to further develop their training and experience (specialty courses).

- > The course co-coordinator will generally be a Level 3 Yoga Australia member except where a Level 2 Yoga Australia member can demonstrate significant experience in the specialty course area to the satisfaction of the Yoga Australia committee and be supervised by a Level 3 Yoga Australia member.
- > The course will have stated learning objectives and assessment procedures to determine whether participants have understood the course material and have achieved the requirements of the course. A certificate of successful completion should be issued.
- > The proportion of contact to non-contact hours will generally be at least 65%, e.g. at least 33 contact hours for a 50-hour course.

NB: Working with children with special needs should not be included in this course – this area requires separate specialist training.

Curriculum guide

| | Curriculum area description and examples | Hours |
|---|--|--|
| Prerequisites | <ol style="list-style-type: none"> 1. Qualified yoga teacher (Yoga Australia Level 1 or greater). 2. Children's yoga teachers must have a 'Working with Children/Vulnerable People' card. | |
| Classroom Environment & Lesson Structure | How to establish and maintain a purposeful learning environment for children and age appropriate lesson plans for children. | 4 hours |
| Anatomy, Physiology & Social/Emotional Development | <p>Study of the anatomy and functional physiology of bodily systems as they relate to yoga for children.</p> <p>Study of age related growth stages in children and an understanding of the child as a Body and Learner:</p> <ul style="list-style-type: none"> > Physically – strength, co-ordination, flexibility and balance. Awareness of spinal health. Include study of age related growth stages in bones, joints, and muscles. > Hormonally – physical development and sexual stages of growth. > Social and emotional development – understand the specific social and emotional needs of children. Provide opportunities for children to practice yoga individually and with others to develop self awareness, self expression and social skills. > Brain development and consciousness – understanding a child's attention span, the importance of learning by playing and the effects of nerves, sight and hearing on comprehending instructions. > Developmental movement patterns. > Emotionally – Provide secure, enjoyable routines in a non-competitive environment. <i>Include playtime for children aged 4 -9 and talk-time for ages 9 onwards.</i> > Mentally – to experience positive thinking and conscious awareness. Through play, gain an understanding that positive thoughts and actions result in positive outcomes – 'karma'. > Nutrition and exercise for children. | 6 hours (contact & non-contact ie. reading) |

Curriculum guide

| | Curriculum area description and examples | Hours |
|--------------------------------|--|-----------------|
| Teaching Methodology | <p>Cater for all learning styles (visual, auditory, kinaesthetic).</p> <p>How to teach utilising a 360° classroom.</p> <p>Learn skills to establish & maintain attention & focus of children.</p> <p>Develop both verbal & non-verbal communication skills.</p> <p>Learn how to use language & vocabulary to instruct children effectively.</p> | 10 hours |
| Philosophy & Ethics | <p>Demonstrate ethical behaviour to influence and impact the child as a whole.</p> <p>Gain knowledge and understanding of Yamas and Niyamas in children's yoga.</p> <p>Develop awareness of legal requirements as related to the supervision and teaching of children.</p> | 2 hours |
| Classroom Management | <p>Develop knowledge and understanding of classroom management techniques and how to apply them.</p> <p>Learn effective communication skills to utilize within the yoga class.</p> <p>Learn how to deal with challenging behaviour effectively.</p> <p>Acquire the essential skills of classroom management.</p> | 5 hours |
| Techniques | <p>Develop theory and practice of yoga techniques for children. Substantial emphasis must be given to both the theory and guided practice of, in a dedicated teacher training environment, including:</p> <ul style="list-style-type: none"> > Asana > Pranayama > Relaxation > Meditation > Games | 15 hours |
| Teaching Practice | <p>Supervised teaching practice including:</p> <ul style="list-style-type: none"> > Observation of teaching yoga to children. > Assisting in classes taught by qualified yoga teacher, where possible, or in simulated classes. > Receiving and giving feedback. | 8 hours |
| TOTAL | 65% contact hours overall required | 50 HOURS |