



YOUTH YOGA TEACHER TRAINING

30 hours

Thank you for your interest in the Australian Yoga Academy's Youth Yoga Teacher Training.

We are delighted to bring you this opportunity for innovate and directed learning specifically targeted at improving the overall wellbeing of our youth, from Kindergarten to Year 12 (approximately from 4 to 18 years of age).

This training programme is appropriate for already qualified yoga teachers or yoga teacher trainees. In order to be accredited to teach yoga to youths you must also complete (or have completed), an accredited, foundation-level, yoga teacher training programme that enables you to teach adults. Therefore:

1. If you have already completed a minimum 200 hours, Yoga Teacher Training course, that is internationally accredited with Yoga Alliance, and you want to be able to teach youths, you need only to complete AYA's Youth Yoga Teaching Certificate (50 hours).

OR

2. If you have not yet completed an accredited Yoga Teacher Training programme, you need to complete an accredited foundation level Diploma of Yoga Teacher Training with a minimum of 200 hours of training.

Qualification Received

AYA is an internationally recognised, Continuing Education Accredited School through Yoga Alliance International Registry.

Modes of Learning

There are two modes of delivery to choose from:

1. Face-to-face at AYA's training studio at 42 Clifton St, Prahran, or
2. Interactive, livestreamed lectures delivered via Zoom for those who live a significant distance from Melbourne, or in the circumstances where you cannot



attend in person (such as if you are unwell or have been caring for someone who is unwell, or if you are awaiting the results of a COVID-19 test).

You may choose to alternate between face-to-face and Livestream, if required, as the course is delivered concurrently through both modes of delivery.

COVID-19 Lockdown Provisions

Should a Government-enforced lockdown occur during training, the course does not pause. In this instance, the course will switch to be delivered via Livestream on Zoom for the duration of the lockdown. If density limits are in place, which means that the entire cohort cannot attend face-to-face at the same time, then studio time will be rotated fairly amongst the face-to-face cohort whilst density limits are in effect.

Course Outline

The following topics cover youths from Kindergarten to Year 12.

- Foundations of Youth Development Theories and supporting Positive Education Frameworks
- Applied yoga and meditation/mindfulness practices for youths based on gender, gender identity, ethnicity, culture, spirituality and social/emotional needs.
- Nutritional development needs, the gut microbiome and the relationship to nervous system
- Mindfulness practices, class planning and practice teaching
- Breath practices, class planning and practice teaching
- Sound therapy, class planning and practice teaching
- Trauma-Informed teaching practices for youths
- Yoga movements, class planning and practice teaching

Successful Completion of Course

Attendance requirements

You must attend all lectures to satisfy minimum. If you miss any session, you will need to discuss a pathway to make up the hours so accreditation may be achieved.

Should you miss more lectures than you are allowed, you may not be able to graduate. Please discuss any attendance issues with the Director of Education, Melanie Mackintosh on 0413 298 132 or at info@australianyogaacademy.com.



All lectures will be recorded on Zoom and will be available for viewing afterwards. Please note that watching a lecture, after the fact, does not contribute towards attendance.

Assessments

All practical teaching assessments must be completed.

Attendance Requirements – Zoom participants

- Must have reliable internet access and a device that has a webcam. You will need to have an active Zoom account.
- Will need at least one yoga bolster and two yoga blocks (of the same size), in addition to a yoga mat, blankets, pillows or meditation stool to sit on.
- Must have a study environment that is well lit and free from interruption during the hours of the training. It will not be suitable to be caring for children whilst this training is in progress.

Fees and inclusions

Please refer to the AYA website for the latest fees.

Teacher Bios

This course is delivered by experts in their fields and are appropriately qualified to deliver this programme under Yoga Alliance International Registry guidelines. Please read more about our lecturers at: <https://australianyogaacademy.com/lecturers/>





How do I enrol?

Please contact me for more information or to reserve a place in training on 0413 298 132 or at info@australianyogaacademy.com.

We look forward to helping you fulfil your yoga teacher training dreams.

Namaste, Mel

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