



## **250 HOUR YOGA TEACHER TRAINING FOR SCHOOL TEACHERS & YOUTH EDUCATORS**

### **50 HOUR CERTIFICATE OR 250 YOGA TEACHER TRAINING**

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

This is the first yoga teacher training programme of its kind in Australia! 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 delivered in two different pathways, depending on yoga teacher training studies that you may have already completed. 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 AYA's Diploma of Yoga Teacher Training for School Teachers & Youth Educators (250 hours). This Diploma also accredits you to teach adults.



## **Qualification Received**

AYA is an internationally recognised, Continuing Education Accredited School through Yoga Alliance Australia. At the conclusion of this course, you may register as a Registered Child Yoga Teacher (RCYT) with Yoga Alliance and will be able to offer dedicated yoga classes for youths.

Depending on the study pathway you choose and based on the successful completion of all the study requirements, you will receive the following qualification at the end of the course:

### **Youth Yoga Teaching Certificate (50 hours)**

At the successful completion of the Youth Yoga Teaching Certificate, you may apply to Yoga Alliance Australia to be internationally recognised as a RCYT, provided you have already completed an accredited, minimum 200 hour Yoga Teacher Training course. Completion of this certificate contributes 50 hours of CPD to your Yoga Alliance membership.

OR

### **Diploma of Yoga Teacher Training for School Teachers & Youth Educators (250 hours)**

At the successful completion of this course, you may apply to Yoga Alliance as RYS 250 PLUS and RCYT.

## **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 Delivery Dates

Step 1: The 250 hours Diploma of Yoga Teacher Training for School Teachers & Youth Educators will be delivered by completing a 200 hour Diploma of Yoga Teaching programme if you haven't already done so. Please refer to the Teacher Training section of the AYA website for the 200 hour Diploma of Yoga Teacher Training options that are available.

Step 2: Complete the 50 hour Youth Yoga Teaching Certificate to finalise your studies in the Diploma of Yoga Teaching for School Teachers & Youth Educators (250 hours).

Induction: Fri 10<sup>th</sup> June 2022, 7pm-9pm (Livestream on Zoom for all)

Lectures, available face-to-face or via Livestream on Zoom:

11<sup>th</sup> June, 12<sup>th</sup> June, 18<sup>th</sup> June, 19<sup>th</sup> June, 9<sup>th</sup> July and 10<sup>th</sup> July. 9:30am-5:45pm each day.

## Course Outline

### Diploma of Yoga Teaching for School Teachers & Youth Educators (250 hours)

Diploma of Yoga Teaching (200 hours) includes these areas of study:

#### PHILOSOPHY & ETHICS OF YOGA

- The Upanishads
- The Bhagavad Gita
- The Yoga Sutras of Patanjali
- Principles of yoga businesses



## APPLIED ANATOMY & PHYSIOLOGY OF YOGA PRACTICE & TEACHING

- Skeletal system & mechanics of joints
- The spine & back injuries
- Applied understanding of common musculoskeletal issues in the yoga practice
  - o Muscles of the upper body
  - o Muscles of the lower body
- The coordinating systems of the body: nervous & hormonal systems
- The digestive & immune systems & gut health
- The cardiovascular & respiratory systems

## INTEGRATIVE TEACHING PRACTICES & METHODOLOGY

- The benefits of asana & introduction to Surya Namaskar
- Practical asana intensives & fundamental teaching practices in these areas:
  - o Forward bending poses
  - o Backward bending poses
  - o Twisting & lateral flexion poses
  - o Standing & balancing poses
  - o Inverted poses
- Alignment & adjustment techniques & safety principles
- Practical designing & sequencing of the yoga class
- Cuing & language skills development
- Yoga for special needs groups
  - o Prenatal yoga
  - o Yoga for back injuries
  - o Yoga for high blood pressure
- Yin yoga

## TECHNIQUES OF YOGA

- Practical pranayama skills & practice
- Fundamental meditation skills
- Introduction to mindfulness

## PRACTICAL TEACHING SKILLS

- Practical teaching requirements will be assigned during lecture time, and
- Students must complete a minimum 12 hours of practical teaching and observing skills through Teaching Rounds, scheduled outside of lecture times. A mix of face-to-face and Zoom offerings will be available.



## YOUTH YOGA COMPONENTS INCLUDES:

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
- Yoga movements, class planning and practice teaching

## Successful Completion of Course

### Attendance requirements

If you are enrolled in the 250 hour Diploma of Yoga Teacher Training for School Teachers & Youth Educators, you may miss a maximum of four lectures.

If you are enrolled in the 50 hour Youth Yoga Certificate, you may miss 1 lecture only.

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](mailto: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

Both the Youth Yoga Certificate and the Diploma of Yoga Teacher Training carry a set of written assessments that must be successfully completed and submitted for review.

All students must also successfully contribute to practical teaching assessments in the Teaching Rounds held outside of lecture times.



## How do I apply?

You need to complete the necessary application form and pay a deposit to secure your place in training.

You must have reliable internet access and a device that has a webcam. You will need to have an active Zoom account.

You 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.

Your study environment needs to be well lit and you need to be 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.

Should you have any questions, you may contact Melanie Mackintosh directly on 0413 298 132 or at [info@australianyogaacademy.com](mailto:info@australianyogaacademy.com).

## Fees and inclusions

### Youth Yoga Certificate (50 hours)

\$1,250 - Early Bird & AYA YTT graduates

\$1,450 – Full price

### Diploma of Yoga Teacher Training for School Teachers & Youth Educators (250 hours)

\$5,595 - Early Bird

\$6,295 – Full price

Included in your fees:

- Access to the AYA Online Library for the duration of your study
- Studio memberships, your choice of:
  - o Access to all in-studio classes on the general weekly timetable at AYA, 42 Clifton St, Prahran, for the duration of your study. Studio memberships will be extended if COVID-19 lockdowns occur.
  - o Access to all livestream classes on the general weekly timetable.
- AYA T-shirt or singlet



## Teacher Bios

Please read more about our lecturers at: <https://australianyogaacademy.com/lecturers/>



Please contact me for more information or to reserve a place in training. We look forward to helping you fulfil your yoga teacher training dreams.

Namaste,

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