



## standards for children's yoga teacher training course

To register with Yoga Alliance International as a Certified Children's Yoga Teacher (CCYT), you must have completed as part of your curriculum, or as an additional component of your yoga teacher training course (200-hour, 500-hour, and above level) the following educational areas:

Educational Area	Contact Hours*	Non-contact Hours	Total Hours
<p><b>General Background in the Specialty Area.</b> Topics may include, but not be limited to: yoga fundamentals and meditation, and how to present them to children, study and understanding of all childhood developmental stages from age 2 to 16 and how the issues of each stage impact what is appropriate for them, principles of traditional yoga themes, poses, games, partner yoga, breathing exercises and relaxation techniques, age-appropriate practices along with specific “do’s” and “do not’s”, behavioural management techniques for children that support a positive, non-competitive environment.</p>	15		15
<p><b>Techniques, Training and Practice.</b> Topics may include, but not be limited to: pranayamas to calm, energise, and balance the nervous system, specific exercises to help children transition between activities, age-appropriate practices such as asanas, asana-based movement, yoga-based games and activities, breathing techniques, chanting, meditation and relaxation techniques for children age 2 to 16.</p>	20		20
<p><b>Teaching Methodology.</b> Topics may include, but not be limited to: knowledge of classroom techniques, how to create lesson plans and sequences, how to lead fun, creative and educational yoga classes, how to incorporate art, music and books in class, how to phrase age-appropriate questions, how to communicate effectively using songs and stories, and how to develop a class that is safe, effective and engaging.</p>	15		15
<p><b>Anatomy and Physiology.</b> Topics may include, but not be limited to: changes during child development and their impact to yoga techniques for children age 2 to 16, human physical anatomy and physiology, energy anatomy and physiology, and study of anatomy and physiology with its application to yoga practice such as benefits, contraindications, healthy movement patterns, etc.</p>	10		10
<p><b>Practicum.</b> Topics may include, but not be limited to: practice teaching, giving and receiving feedback, observing others teaching, assisting students while someone else is teaching.</p>	20		20
<p><b>Yoga Philosophy, Lifestyle and Ethics for Children’s Yoga Teachers.</b> Topics may include, but not be limited to: how to teach basic yoga principles such as the yamas and niyamas to children age 2 to 16, health and safety guidelines whilst teaching children, ethics for children’s yoga teachers such as behavioural requirements while supervising children, basics of ethical language and behaviour, both when parents or guardians are present and when they are not.</p>	10		10
<b>Total Hours</b>	<b>90</b>		<b>90</b>

\*Contact hours must be spent learning with the lead trainer who must be an Established Certified Yoga Teacher (E-CYT).