



We believe in helping children embrace their full potential and live their lives with joy, knowing that the world holds great wonders for them and that they have great gifts to share with the world.

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"Join one of the most comprehensive, professional and joy-filled children's yoga teacher training programs available!"

Teacher Training

Our Teacher Training Program is a comprehensive certification in yoga and mindfulness practices for children and youth ages 3 to 18. Certified by Yoga Alliance, training focuses on the complete physical, mental, emotional and social wellbeing of students. Participants will leave training with the tools to help children connect to themselves and their community, access the calming power of their breath, develop focus and concentration, feel strong and confident through physical movement, and learn how to nurture themselves through relaxation.

In addition to offering a wide range of activities that you can immediately implement with your students, the LFY training teaches you how to create engaging classes within our proven framework of Connect, Breathe, Move, Focus, Relax, offering a complete experience for students.

Why Train With Us?

- **Absolute commitment to the highest quality of programming**
- **Comprehensive combination of yoga & mindfulness practices**
- **Learn compassionate behavior management skills**
- **Gain insight into teaching diverse populations, with a focus on teaching in schools and community spaces**
- **Learn to create your own curriculum based on student needs**
- **Learn to teach from a trauma informed perspective**
- **Receive ongoing support as you build your career**

CERTIFICATION



We are a Yoga Alliance certified children's yoga school. Completion of all three training levels plus the mentorship

program, along with required reading and writing, will allow you to register with Yoga Alliance as a Certified Children's Yoga Teacher (RCYT). Completion of individual levels of certification qualify for CEUs.

MENTORSHIP

Our mentorship program gives you the opportunity to bring your training to life and experience what yoga in a classroom really feels like. Each participant is matched with a mentor teacher based on their schedule and interests. You will spend time observing, assisting and teaching in a school yoga program, and have the opportunity to receive feedback on your teaching. You can begin your mentorship program at any stage of training. It is a required part of our full certification, but can also be taken on its own as an introduction to the Little Flower teaching method. Each mentorship includes 18 in-school hours, and 2 hours of feedback and consultation. Tuition is \$300. Web based mentorship is also available, and includes videos of full classes, reflective feedback, and practice teaching.

The 3 Levels of Training

You are welcome to take each level individually, or collectively for full certification. Each level of training is taught in NYC, during the summer at the Omega Institute, and at partner locations around the country. For our full training schedule, visit the events page of the LFY website.

LEVEL 1

Foundations of Children's Yoga: Creating Safe & Engaging Experiences

The Level One intensive provides participants with the fundamental understanding and tools needed to teach a well rounded class that incorporates all aspects of the practice. Time is spent introducing participants to the framework of Connect, Breathe, Move, Focus and Relax that all LFY classes are based on. Practice teaching is emphasized.

- *Understanding the brain-body-nervous system relationship and development*
- *Making yoga poses accessible, safe & engaging*
- *Breathwork for children*
- *Introduction to mindfulness & meditation practices*
- *Working with schools*
- *Guiding principles for teaching classes based on a compassionate understanding of students' needs*
- *Creating physically & emotionally safe space for learning*
- *Writing lesson plans*
- *The ethics of teaching yoga to children*

LEVEL 2

Teaching the Whole Child: Compassion, Creativity and Mindfulness

The emphasis in the Level Two intensive is on deepening and enhancing your teaching, grounded in an exploration of youth development. We spend time learning mindfulness & meditation practices that enhance students' capacity for emotional regulation, focus and good decision making. Classroom and behavior management strategies that support relationship building and engaged learning are discussed, as are compassionate communication strategies for working with students.

- *Youth development: physical, emotional & social*
- *Teaching mindfulness & meditation*
- *Compassionate classroom management skills*
- *Communication strategies for working with children*
- *Getting creative: using art & journaling to enhance your teaching and promote reflection*
- *Partner and group yoga practices*
- *Practice teaching and feedback*

LEVEL 3

Advancing Your Teaching & Expanding Your Reach

The Level Three intensive provides you with the tools to effectively create curricula and teach with your own authentic presence. In this final level of training we spend time learning to develop activities based on your personal practice. We also address the specific challenges of working with teens, and students with special needs. Time is dedicated to practice teaching, feedback on that teaching, and answering questions

- *Youth development through the teen years*
- *Restorative yoga practices for children and teens*
- *Curriculum development*
- *Teaching from your personal practice*
- *Introduction to yoga for children with special needs*
- *Working with parents and caregivers*

FAQs



Advanced Teacher Training: Trauma, Recovery and Growth

This advanced teacher training addresses the complex issue of working with children who've experienced trauma. Learn to create a safe space for your students and adjust your teaching to their needs. Gain a greater understanding of the physiological and neurological effects of trauma, the relationship between trauma and behavior, and learn how yoga and mindfulness practices can support healing and resilience.

Teacher Membership Program

Share a comprehensive LFY curriculum with your students, and enjoy the support of an established and well respected organization as you grow your teaching career. By joining the LFY Member Teacher community, you will have access to a well rounded yoga and mindfulness curriculum, gain the right to use the LFY name and logo in the promotion of your classes, have a personalized listing on the LFY teacher directory, and get the monthly support of LFY founder Jennifer Cohen Harper and the LFY training team.

What locations do you offer training in?

We regularly offer all three levels of training in NYC. We also offer trainings at partner locations throughout the world, and all three levels of training are held in one week at the Omega Institute in Rhinebeck NY and at Earthrise outside of San Francisco each summer. The best place to find a current schedule is on our website at www.littlefloweryoga.com/events

Do you have to be a yoga teacher to take the training?

Definitely not. This is a comprehensive training that is appropriate for anyone who is interested in helping children become the best versions of themselves. Each training session contains a diverse group of yoga teachers, classroom teachers, occupational therapists, physical therapists, counselors, parents and many more.

What if I haven't been practicing yoga for that long?

You don't have to be able to do advanced yoga poses for training, but general familiarity with the practice is important. The best thing to do is to just participate in classes at a local yoga studio before training, and if possible taking a beginners workshop is wonderful preparation.

Do you have to participate in all three levels?

No. Some people register for Level One and find that they have the tools they need to introduce yoga to the children in their lives. Most participants do eventually participate in all three levels, but there is no time line for completion and no requirement to take all 3 levels.

Is LFY Yoga Alliance Certified?

Yes. Yoga Alliance certification requires that you participate in all three levels of training, complete some required reading and accompanying writing assignments, and participate in the mentorship program.

How long does the mentorship take?

We work with each teacher to adapt the mentorship to the demands of busy schedules. We require 18 hours of class participation, and many people choose to attend once a week for two back to back classes, and complete the program in 9 weeks. If you are from out of town, we encourage you to participate in our web based mentor program, which takes 6-12 weeks based on your pace.

Do you hire people trained by LFY?

Yes. All of our LFY teachers are LFY certified, and we only hire teachers who have completed our training. Participation is not a guarantee of hire, but we are adding new school programs every semester and regularly need new teachers and subs in NY. We also receive regular requests for teachers around the country and do our best to refer those opportunities to member teachers and training graduates.