

Flow and Grow Kids Yoga
95-Hour Yoga Teacher Training
Fall 2020 Syllabus

Course Schedule

Date	Course	Meeting Time
October 1, 2020	The Foundations of Kids Yoga	5-8 PM EDT
October 6, 2020	The Foundations of Kids Yoga	5-8 PM EDT
October 8, 2020	The Foundations of Kids Yoga	5-8 PM EDT
October 13, 2020	The Foundations of Kids Yoga	5-8 PM EDT
October 15, 2020	The Foundations of Kids Yoga	5-8 PM EDT
October 20, 2020	Self Care For Children	5-8 PM EDT
October 22, 2020	Self Care For Children	5-8 PM EDT
October 27, 2020	Yoga Tools For Social-Emotional Learning	5-7 PM EDT
October 29, 2020	Kids Yoga Lesson Planning	5-8 PM EDT
November 3, 2020	Kids Yoga Lesson Planning	5-8 PM EDT
November 5, 2020	Mindful Beginnings	5-9 PM EDT
November 7, 2020	Yoga and Mindfulness In Schools	4:00-7:00 EDT
November 8, 2020	Yoga and Mindfulness In Schools	4:00-7:00 EDT
November 10, 2020	Mindful Beginnings	5-9 PM EDT

November 12, 2020	Mindful Beginnings	5-9 PM EDT
November 17, 2020	Anatomy and Physiology of Children's Yoga	5-8:30 PM EDT
November 19, 2020	Anatomy and Physiology of Children's Yoga	5-8:30 PM EDT
November 24, 2020	Anatomy and Physiology of Children's Yoga	5-8:30 PM EDT
December 1, 2020	Yoga and Mindfulness with Teens/ Tweens	5-8 PM EDT
December 3, 2020	Yoga and Mindfulness with Teens/ Tweens	5-8 PM EDT
December 10	Yoga philosophy for Kids	5:00-8:45EDT
December 15	Yoga Philosophy for kids	5-8:30 EDT
December 17	Yoga Philosophy For kids	5-8:30 EDT
December 12, 2020	The Business of Kids Yoga	3-8:30 PM EDT
December 13, 2020	The Business of Kids Yoga	3-8:30 PM EDT
December 22, 2020	Integrating Mindfulness Into The School Day	5-9 PM EDT

Course Information:

Foundations: Please watch the videos indicated for the foundation's of children's yoga during the dates we are meeting for foundations. They will help you understand how the classes will look. (video link located on the spreadsheet you get a link to once you register)

Modules: This training is comprised of 11 mini-courses, each listed in the above syllabus.

Attendance: You must attend as many classes live, online as possible. If you cannot attend live, then you must notify Lara via email once you've watch the session you missed.

Assignments and videos will be given and tracked on this [spreadsheet](#).

Assignments: You can either do eleven 25-35 minute videos, one for each course module for a total of 6 teaching hours OR reduce total video submission hours to 4 and do an independent study for 2 hours, in which case you would select videos to do and skip others. Studies include

reading relevant books, doing research, practice teaching, and proposal writing. Your independent study, if you choose to do one, must be accepted by Lara prior to beginning it.

All **videos** must be submitted via email as LINKS and not files. Please note the modules you are sending the video for.

Alternative assignment arrangements can be made based on your individual focus IF you get the confirmation from Lara. Must be agreed upon. For example, you can do videos on your target age group only, or with more of a focus on mindfulness, rather than follow the suggested assignments based on the modules.

Calendar: Lara will share calendar invites which include the time and zoom link. Please accept these invites to confirm your attendance upon receipt.

All zoom calls will be at Lara's zoom id:(redacted until you register)