



## Children Inspired By Yoga Advanced Teacher Qualification Course Syllabus

Name of course: Children Inspired by Yoga Advanced Teacher Year: 2018

Number of Modules: 6

Location: Tatty Bumpkin Ltd Head Office Allens Farm Allens Lane Plaxtol Sevenoaks TN15 0QZ

Principal SYT: Samantha Petter and Sue Heron

### Course Requirements

As part of our commitment to ongoing continual professional development, Tatty Bumpkin Ltd has developed the **Children Inspired By Yoga Advanced Teacher Qualification accredited by Yoga Alliance Professionals UK.**

This course is open to Children Inspired By Yoga Franchisees and Teachers who are wishing to progress their Yoga teaching skills. Please contact [info@childreninspiredbyyoga.com](mailto:info@childreninspiredbyyoga.com) or [sueheron@tattybumpkin.com](mailto:sueheron@tattybumpkin.com) if you would like further details on how to become a Children Inspired by Yoga Franchisee or Teacher.

### COURSE DESCRIPTION

The course uniquely combines foundations in Yoga principals with key aspects of development for babies and young children. Our adapted Yoga poses are based on Hatha Yoga and the principals of the Sivananda school of Yoga. Child development information is based on up-to-date thinking and research from both education and health.

The course embraces the following areas of study:

- Yoga principles and benefits
- Adapted Yoga poses for the baby and young child (0 -7 years)
- Key Yoga poses for parents and the older child (7-11 years)
- Benefits of physical activity for the baby and young child
- Importance of movement and sensation for baby and child development and learning
- Key aspects of physical development: postural control, sensory organization, co-ordination.
- The breath - differences between babies, children and adults
- How Yoga postures, breath and relaxation support early self-regulation skills.
- The structure of Tatty and Baby Bumpkin sessions
- Teaching methodology
- Tatty Bumpkin sessions and the national curriculums i.e. Early Years Foundation Stage (National English curriculum for under 5's), Key Stage 1 and Curriculum for Excellence (Scotland)
- Teaching Children Inspired By Yoga sessions at other venues i.e. Parties, holiday clubs.
- Sessions for children with additional needs.





## COURSE OBJECTIVES

On successfully completing the Children Inspired By Yoga Advanced Teacher Qualification. Graduates will:

- Be able to confidently teach Children Inspired by Yoga sessions in a range of venues e.g. Private venues, nurseries, schools and holiday clubs.
- Be knowledgeable on aspects of Yoga, particularly the Sivananda form of Hatha Yoga, and how this Yoga practice relates to the baby, child and Carer.
- Be able to adapt Yoga asanas for babies and children
- Have gained an understanding in key areas of baby and child development especially their physical development.
- Have gained an understanding of children's social development and the development of their communication skills.
- Have gained an understanding of the principles of multi-sensory teaching approach and how this supports children's learning and self-regulation skills.
- Have gained a practical understanding of the teaching methodology appropriate for Children Inspired by Yoga sessions
- Have increased their skills of observation, support and adjustment (if necessary) whilst teaching the Children Inspired by Yoga sessions.

## COURSE STRUCTURE

**Total hours - 60** (40 hours – direct contact time 20 hours – non-contact time) The SYT will be teaching a minimum of 70% of the course

### Module 1

Tatty Bumpkin Course - Adapted Yoga sessions for children 2-7 years. Course length 16.25 hours

### Module 2

Baby Bumpkin Course - Adapted Yoga sessions for babies and toddlers 6 weeks - 18 months.

Course length 17.75 hours

### Module 3

Advanced Training Practical - Adapted Yoga sessions for children 7-11 years. Course length 6 hours

### Module 4

Attendance at the Children Inspired by Yoga Annual Conference

Or

Children Inspired by Yoga for children with additional needs course – 6 hours

### Modules 5 and 6

Written and practical assignments. Home learning.





## CHILDREN INSPIRED BY YOGA OFFERS EACH STUDENT

- 3 detailed core teaching manuals: Tatty Bumpkin, Baby Bumpkin and Tatty Bumpkin Advanced Postures. These have been created with the support of yoga professionals, health care professionals, educationalists and musicians,
- If attending Additional Needs Study day Trainees will receive the Children Inspired By Yoga Additional Needs manual

On successful completion of the course graduates will:

- Be qualified to teach the Advanced Children Inspired BY Yoga sessions as a Franchisee or Teacher under the condition adhere to Children Inspired by Yoga's Terms and Conditions.
- Be registered as a Children Inspired By Yoga Advanced teacher
- Gain a **Children Inspired By Yoga Advanced Teacher certificate** and will be able to display the Certified Children Inspired By Yoga Advanced Teacher badge.
- Have access to continued CPD and support both through our own network and as registered members of Yoga Alliance Professionals UK.

## PREREQUISITES

Applicants are required:

- To be registered Children Inspired by Yoga Franchisees or Teachers, working in our current Franchisees and Teacher network.
- To have a track record in their professional field, *this does not have to be Yoga related*.
- To follow our safer recruitment procedure.
- To have accumulated at minimum of 40 hours of yoga practice before, during or after (6 mths) completing the Tatty Bumpkin Children's Yoga Training. This practical Yoga experience forms a foundation for the Tatty Bumpkin Children's Yoga course, providing candidates a fundamental understanding of Yoga.

It is helpful for applicants to have a basic understanding of the philosophy of yoga in general and specifically the style of yoga that they wish to pursue. This should include the important of diet and the various arms of yoga, albeit they may not have a deep knowledge of this when they enrol onto the course.

*Successful applicants should be in good health and have stable personal circumstances to complete this course with the focus and dedication it requires.*

## COURSE SCHEDULE

The course consists of 6 direct contact tuition days:

- Module 1 Tatty Bumpkin: 1 day 9.30am-4.30pm, 1 day 9.15am- 4.30pm, ½ day 9.15 am- 12.30 pm. Location- Allens Farm Kent
- Module 2 Baby Bumpkin: 1 day 9.30am- 5pm, 1 day 9.15am- 5pm, ½ day 9.15 am-1 pm Location- Allens Farm Kent
- Module 3 Advanced Training: 1 day 9.30am- 4.40pm. Location- Light Centre London.
- **Module 4:** Consisting of *either*: Tuition at Tatty Bumpkin Conference *or* Tatty Bumpkin Additional Needs Training course. 1 day 9.30am -4.30pm.

Please contact [info@childreninspiredbyyoga.com](mailto:info@childreninspiredbyyoga.com) or [sueheron@tattybumpkin.com](mailto:sueheron@tattybumpkin.com) for upcoming course dates.





## ACCREDITATION

Tatty Bumpkin Ltd has met the stringent requirements set by Yoga Alliance Professionals, demonstrating that the 'Children Inspired By Yoga Advanced Teacher' course is of the highest standard. Our graduates are eligible to register with Yoga Alliance Professionals and use their accreditation as a sign of quality training.

## BOOKING PROCEDURE – NEXT STEPS

Please contact [info@childreninspiredbyyoga.com](mailto:info@childreninspiredbyyoga.com) for further course details, course costs and to request an application form.

By completing and signing this form you agree to the Children Inspired By Yoga's Terms and Conditions (which will be supplied). Before enrolment onto the course you will be asked to sign our disclaimer form, to ensure you are physically fit and have no medical condition, which would prevent your full participation in Children Inspired By Yoga trainings and sessions.

An initial non-refundable deposit can be made by bank transfer with the balance paid by bank transfer two weeks prior to the start of the course. If you would like to pay by credit card then full payment can be taken via Paypal although online bank transfer payment is preferred.

Course leaders reserve the right to cancel the course at any point, however, full refunds will be given within 2 weeks.

