

## IYK® WARRIOR 1 TRAINING COURSE SYLLABUS

### Children's Yoga Certification – 24 Hours

It's Yoga Kids® Warrior 1 Essentials certifies you to become a qualified children's yoga instructor. An adult 200-hour certification is recommended, but not required.

The 24-hour course includes:

- Yoga Alliance accredited for teaching yoga to kids ages 3-13
- The IYK® system to reduce everyday stress
- Evidence-based science and philosophy for physical and mental health
- The 3 skills children and teenagers needs to succeed with today's technology
- High5 Habits that create healthier and happier futures
- Specific "do's and don'ts" to teach safely and successfully
- Behavior management skills to support a positive learning environment
- The business of Kids Yoga - integrating your work in the community
- Comprehensive personalized IYK® Warrior 1 Essentials Training Manual
- Global connected learning and teaching community
- IYK® Certificate of completion and directory verification

### Training Schedule

Total = 24 hours

24 contact hours with Lead Trainer, Michelle Wing

Total = 8 modules (3-hours each)

8 modules in Warrior 1 Essentials

Recorded live online and delivered on-demand with live coaching from Michelle



# WARRIOR 1 ESSENTIALS

<b>MODULE 1</b> Philosophy	<b>MODULE 4</b> Regulating	<b>MODULE 7</b> Big Kids
<b>MODULE 2</b> Foundations	<b>MODULE 5</b> Off the Mat	<b>MODULE 8</b> Next Steps
<b>MODULE 3</b> Warriors	<b>MODULE 6</b> Littles	<b>CELEBRATE</b> Completion!

## Module 1

Introductions + Intentions  
Adult v. Kids Yoga  
IYK® Purpose + Process

## Module 2

Poses for Kids  
Standing + Balancing  
Seated + Reclining

## Module 3

Moving Poses  
Games  
Activities

## Module 4

IYK® Sundance  
Mindfulness + Meditation  
Songs + Sounds

## Module 5

Yamas & Niyamas  
Classroom Management  
Start to Finish

## Module 6

Teaching Tips  
Practice: Littles  
Feedback + Resources

## Module 7

Teaching Tips  
Practice: Big Kids  
Feedback + Resources

## Module 8

Your Kids Yoga Business  
Next Steps  
Certificates

UPON COMPLETION OF WARRIOR 1  
YOU CAN PURCHASE ADDITIONAL TRAINING FOR  
WARRIOR 3 YOGA ALLIANCE 95-HOUR CERTIFICATION

<b>9</b> Family Yoga All Ages	<b>10</b> Baby + Toddler Yoga Newborn to 3 Years	<b>11</b> Teen Yoga Puberty & Adolescence
<b>12</b> Mental Health Anxiety + Depression	<b>13</b> Anatomy & Physiology Energy Centers	<b>14</b> Nutrition Growing Body / Brain
<b>15</b> Community Partners + Groups	<b>16</b> Seasons Holidays	<b>17</b> Parties Camps
<b>18</b> Peak Performers Smart Sports	<b>19</b> Connected Classrooms SEL at School	<b>20</b> Happy Homes Zen Parenting

Module 9: **Family** Learn our proven method to effectively engage parents and kids at every age.

Module 10: **Baby + Toddler** Learn songs, developmental movement and massage for the first 3 years of life.

Module 11: **Teen Yoga** Understand adolescence to create a safe space for the growing body and mind in community.

Module 12: **Mental Health Matters** Brain Science! Apply the latest research in anxiety, depression and suicide affecting today's youth to create a positive impact.

Module 13: **Anatomy & Physiology** Deepen your safety awareness of the growing body and how to work with Energy Centers - Chakras with kids.

Module 14: **Nutrition & Intuitive Eating** Healthy Eating! A holistic approach with modern science and ancient wisdom that includes Intuitive Eating and lifestyle choices.

Module 15: **Inclusive Communities** Connection! Safe partner and group poses incorporate consent, healthy boundaries and how to teach large scale audiences.

Module 16: **Seasons & Holidays** Fun themes! Learn sequences for Martin Luther King Day, Valentine's Day, Earth Day, Halloween, Thanksgiving and the 4 Seasons.

Module 17: **Parties + Camps** Celebrate a special day with birthday Yoga and construct healthy fun holiday and summer camps.

Module 18: **Peak Performers** Coaches and stage directors protect youth athletes and performers with physical, mental and emotional strength, endurance and agility.

Module 19: **Connected Classrooms** Professional Development for "ready to learn" classrooms that build students' focus, determination and resilience.

Module 20: **Happy Homes** Home is where the heart is. Zen parents *Go With The Flow* to feel calm, connected and respected and create a harmonious household.