

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

8 modules in Warrior 1 Essentials

In studio or online on-demand with live coaching from Michelle

Warrior 1 Essentials Training at Metta Yoga on February 7-9, 2025

Friday, 6-9pm and Saturday & Sunday, 9am-6pm



WARRIOR 1 ESSENTIALS



Module 1

Introductions + Intentions
Adult v. Kids Yoga
Experience
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
Energy Flow
Start to Finish

Module 6

Teaching Tips
Practice: IYK® Littles
Feedback + Resources

Module 7

Teaching Tips
Practice: IYK® Big Kids
Feedback + Resources

Module 8

Your Kids Yoga Business
Certificates
Closing Meditation

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

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