



Fitness, Fun and Feeling Great since 1991

As the premier yoga for children program, we believe children should begin to practice yoga early in life. This imprint of health and wellbeing will grow along with them. Offer the best for your child's future... NOW!

YogaKids offers many innovative ways for you and the children in your life to participate in our award winning programs. Our historic and continually innovative Teacher Training and Certification Programs offer you essential tools to educate children and teens.

Drs. Deepak Chopra MD, Andrew Weil, MD and Jean Houston, PhD, as well as the National Parent's Association endorse our program. *TIME, CHILD, Fitness, Entrepreneur, Exceptional Parent, Kiwi, LifestyleAsia and Yoga Journal* magazines along with *The Washington Post*, CNN, PBS, FOX, NBC and other influential media worldwide continue to feature and report on our award winning methodology. (Please go to [yogakids.com/press](http://yogakids.com/press) to view our extensive media coverage.)

#### OUR ACCOLADES SPEAK FOR THEMSELVES...

2 Time Winners of the Aegis Award  
Winner/Telly Award  
3 Parent's Choice Awards  
Winner 'Kid's First' Award/ National Coalition for Quality Children's Media  
Honors/ National Parent's Association  
Appointee to Yoga Board for President's Council on Physical Fitness  
Comcast On Demand—YogaKids ABCs and YogaKids Silly to Calm

**We are proud and delighted to offer you three distinct levels of training.** We trust you will find something suitable for your lifestyle and goals. Each level is a prerequisite for the next. Please visit [www.yogakids.com](http://www.yogakids.com) for our calendar, information about our trainings and workshops, and an extensive library of published articles, research results and media coverage.

#### 1. YogaKids Foundations Training (Level 1)

This fundamental, experiential training program provides you with a groundbreaking understanding of YogaKids asana along with breathing, teaching and relaxation techniques. These seminal concepts and methodology have been developed by award winning yoga for children pioneer, Marsha Wenig, during her 22 years of study, research, practice, and teaching.

##### Benefits:

- Certificate of completion for 32 hours of YogaKids training.
- After completion of this prerequisite course you may choose to participate in the acclaimed YogaKids Advanced Training Program and earn the designation of Certified YogaKids Facilitator (CYKF).

#### 2. YogaKids Advanced Training Practicum (ATP) (Level 2)

Many choose to continue with their training and enroll in our Advanced Training Practicum. During this period they proudly use the title of YogaKids Associate (YKA). The Advanced Training Practicum is an online independent home-study program supported, guided and evaluated by a Certified YogaKids Trainer.

A highly qualified Certified YogaKids Teacher and Trainer (CYKT) will be your mentor. She will systematically guide you towards a high level of knowledge, competence and confidence in the techniques, poses, theory and integration of the 14 YogaKids Elements of educating the whole child through yoga.

Throughout the duration of this telecommunications course you will have access online to the YogaKids ATP manual, assignments, teaching suggestions, an interactive online forum to share ideas and have your questions answered, as well as conference calls with other YKAs and CYKTs. Utilizing various textbooks\*, our award winning media, and the YogaKids Tools for Schools kit, you will garner experience to prepare and teach a variety of YogaKids classes. Our seasoned program and professional guidance are designed to keep you motivated informed and targeted for successful completion.

The Advanced Training Practicum is designed to be completed in 6 months or less, although we allow a maximum of 12 months for completion.

In order to receive your certificate which recognizes you as a Certified YogaKids Facilitator (CYKF), you **must** graduate within one year of registering for this program. Your tuition pays for one year of enrollment and the benefits inclusive in this program.

**INCLUDED IN THE ADVANCED TRAINING PRACTICUM:**

- YK Advanced Training Practicum Manual
- YogaKids Tools for Schools Kit \*\*
- 4 YogaKids® Do-It-At-Home Packets

Each packet is standardized and organized with the following 3 sections to give you knowledge and wisdom to attain peak performance:

**1. Explore the YogaKids Way**

- a. Study, understand and complete assignments designed to guide you in finding familiarity with the 200 plus YogaKids poses and concepts.
- b. A personal yoga practice is mandatory, and journaling will lovingly guide cultivation, expansion, and reflection on life and learning, on and off your mat.
- c. Study and utilize the 14 YogaKids Elements.
- d. Familiarize yourself with our YogaKids media, books, games, and Tools for Schools™ program.
- e. Attain a confident level of basic human anatomy and physiology

**2. Facilitate and Educate the Whole Child**

In this section, you will put all your studies into action. Taking what you have studied and learned and put it to practical use teaching YogaKids classes. You are required to teach six YogaKids classes per packet. Our curriculum supplies lesson plans to facilitate all areas of learning; kinesthetically, emotionally and academically as well as guidance and instructions to create several lesson plans for ages 3 years old through teens and for children with special needs.

**3. Connect and Communicate**

- a. Enhance your communication skills and hone your development as a CYKF and a businessperson.
- b. Formulate and continue to review and update your mission, visions and outcomes.
- c. Learn to market and network as a YogaKids professional.
- d. Gain visibility and presence in your community.
- e. Build and sustain your YogaKids career with continuing possibilities in education, marketing and career enhancement.
- f. Ongoing contact and guidance with an experienced Personal Mentor who is not only a YogaKids Teacher, but a Trainer as well.

**Final Requirement: Graduation Project**

- The graduation project consists of three components:
  1. The re-creation of four unique lesson plans that you designed during your AT-P. After having taught them you obviously learned what worked and what didn't. (Refer back to your session reports) Now we want you to tweak and improve them based on your experiences.
  2. Pick 2 of your improved lesson plans. Film two 15 minute teaching sessions on DVD which demonstrate your ability to facilitate two YK classes for two distinctly different groups of at least three children each.
  3. Your mentor will guide you to design a presentation on a topic of your choice that reflects a personal interest of learning in the area of teaching yoga to children.
- Upon completion and satisfactory fulfillment of this graduation project, you will earn your certification, and receive your diploma in the mail. You now proudly hold the title of Certified YogaKids Facilitator, CYKF.  
CONGRATULATIONS!

**Benefits during Advanced Training Practicum:**

- Use of the YogaKids logo
- Website listing as a YKA on the Find a Teacher page and a link to your personal website, if you have one.
- Receipt of YogaKids Now! Quarterly On-Line Journal, with access to 6 years worth of archives
- Marketing Materials and Strategies
- International recognition of the YogaKids brand and participation in our advertising campaigns.
- Access to the AT-P Forum

#### **Additional benefits upon graduation and continued payment of annual licensing fee:**

- Website listing as a CYKF on the Find a Teacher page and Link to your personal website
- Access to AT-P and CYKF forum and teleconference
- Eligibility to become a CYKT

### **3. YogaKids Advanced Training Intensive (Level 3)**

The status of **Certified YogaKids Teacher/ Trainer (CYKT)** is the highest and most prestigious designation that we currently offer. In order to be eligible to earn this elite status, you must complete the Advanced Training practicum and all graduation requirements as well as garner the approval of YKI. You will then have the option to attend the Advanced Training Intensive.\* (Check our online calendar for dates)

The ATI provides a culmination and integration of the complete YogaKids methodology through the following:

- YogaKids Pose Clinic
- Advanced energy anatomy of children
- Class management and holistic discipline techniques
- Cutting edge, advanced instruction that qualifies you as an expert in teaching the YogaKids methodology to both children and adults.
- Special Needs Consortium
- Business planning, sales and marketing.
- 2 PowerPoint Presentations to market Tools for Schools
- Train and learn the necessary skill sets to successfully market and present 3 hour YogaKids specialty workshops to adults.

We currently offer the following workshops with excellent income opportunities.

1. *Taste of YogaKids:* Earn 65% of paid registrations
2. *Teaching Yoga to Teens:* Earn 65% of paid registrations
3. *Tools for Schools* trainings: Earn the industry standard training rate of up to \$150 per hour.

#### **Benefits with continued payment of annual licensing fee (\$180):**

- First year's licensing fee is included in the tuition.
- All the benefits of a CYKF.
- Listing as a CYKT on the Find a Teacher website page and a link to your personal website.
- Access to the ATP, CYKF, and YKT informational online forums.
- Involvement in teleconferences where we will mutually inspire, learn and share techniques and experiences.
- Receive significant discounts on YK products and vacations.
- Opportunity to be a YogaKids Mentor and earn extra income.
- Become an Event Manager for Foundations trainings in your area.

#### **What's included in the Tools for Schools Kit? (\$250 value)**

**Pose Card Tool Box:** Each easy-to-use card features one or more photographs of children in the pose. The back of each card includes Pose Instructions as well as Fun Tips for Curriculum Integration with activity ideas adaptable for any grade level.

**Tack-On Mat:** The portable sticky mat hangs on the classroom wall for displaying Pose Cards.

**YogaKids: Educating the Whole Child Through Yoga:** by Marsha Wenig, founder of YogaKids. Consider this practical book a resource for deeper information about yoga for children.

**Fitness Fun Tunes CD:** This CD features 10 original songs perfect for addressing the musical-rhythmic intelligence.

**YogaKids DVDs:** Volume 1: The Original, Volume 2: ABCs, and Volume 3: Silly to Calm.

**YogaKids Tools for Schools Classroom and Physical Education DVDs:** Includes a total of 6 original YogaKids sequences, teacher testimonials, interviews and many other extras for using yoga for class transitions, reading, etc.

**Teacher's Manual:** The Manual guides you through the mission, foundation, and structure of Tools for Schools, and the use of all the other components. It also includes several useful appendices.

**Lesson Plans:** 10 Lesson Plan starters integrate yoga and movement with curriculum areas and make strong use of bodily-kinesthetic intelligence. The Pose Sequences are followed by several 'Curriculum Integration' activities.

**Two Posters:** 'Shine Bright' Sun Salutations and a poster to designate a 'Take 5 Zone' area in the classroom.

**Om@Home Pages:** Reproducible handouts that guide the students and their families to use these valuable "Tools" in everyday situations.

## HOW MUCH DOES IT COST?

Foundations \$849.00

ATP (must have completed Foundations) \$1250

ATI (must have completed Foundations and ATP) \$1400

### OPTION I\* (BEST DEAL)

Register and pay for the Foundations, ATP, and ATI on-line at [www.yogakids.com](http://www.yogakids.com) for 10% off.

\$3,499 - \$349 = \$3,150.

Receive a free Yoga Garden Game!

*Tools for Schools Kit:* Your TFS kit will be available at Foundations or shipped within 2 weeks. (Free ground transportation within the continental USA).

### Option II\*

Register for the Foundations and ATP online at [www.yogakids.com](http://www.yogakids.com) for a 5% savings.

\$2099 - \$105.00 = \$1994

*Tools for Schools Kit:* Your TFS kit will be available at Foundations or shipped within 2 weeks. (Free ground transportation within the continental USA)

### OPTION III\*

Pay in full for ATP and ATI at Foundations for 5% off:

\$2650 - \$133 = \$2517

Receive a free Yoga Garden Game

*Tools for Schools Kit:* Your TFS kit will be shipped to you. (Free ground transportation within the continental USA)

**Note: If paid in full within 2 weeks of Foundations this option is still available minus the free Yoga Garden Game.**

### OPTION IV\*

Pay in full for ATP at Foundations for 5% off

\$1250 - \$62.50 = \$1187.50

*Tools for Schools Kit:* Your TFS kit will be shipped to you. (Free ground transportation within the continental USA)

*\* Does not include travel and lodging or required reading materials*

*\*\*In order for international students to receive their TFS Kit at Foundations, they must register in advance online or by phone. Otherwise, the shipping and handling is completely their responsibility.*

All programs and details are subject to change without notice

Copyright 2008 Dancing Feet Yoga Center Inc. dba YogaKids® International. All rights reserved.