MIRADOR Yoga & Creativity Coaching School



1. **Techniques, Training & Practice: 20 hours**

**Exploring the Multilayered Mirador Curriculum**: Yoga-Based Quantum Creative Practices & Themed Sequences

Objectives:

* Practicing and teaching proper alignment and understanding the power of breath-focused activities
* Giving appropriate cues for yoga sequence transitions and expressing the benefits of various yoga poses (anatomically and therapeutically).
* developing a constant awareness in balancing the many energies, colors and flavors of one’s whole being (use neurowisdom and coaching components)
* honoring child development and their inner wisdom as well
* enhancing one’s own creativity by using themed sequences (such as sun salutations & moon salutation to honor both masculine and feminine aspects of our energy.)
* learning to use a given checklist to include aspects from all seven empowering Mirador guiding principles (mindfulness, intention, etc.) in the design of each yoga practice.

1. **Teaching Methodology: 15 hours**

**Journeys in the New Consciousness of Education**: Using the Mirador Yoga & Creativity Toolbox

Notes: Students will learn what it takes to create an amazing kids yoga session (how to set up the mood and the space as well as inviting children’s creativity to enhance the whole experience, clear communication verbal and/or nonverbal, time management skills, etc.) through class discussions and an overview.

Objectives:

* Determine priorities within a yoga setting and class plan (inclusion, adaptations for special needs, modifications according to the energetic tone of the session, using teacher’s intuition to read the room and the group, using special props, scents, lightning, music, meeting the moment as it emerges…etc.)
* Exploring themed yoga lesson plans & then creating one’s own multimedia yoga lessons
* Learning how to sequence yoga poses and fun games (stories, songs, activities) to enhance the learning process
* Learning to meet children where they are, as well as being with your own inner magical child
* Practicing ‘just in time’ communication & creativity coaching skills
* Building self-confidence as a teacher by knowing how to balance nurturing qualities with clear boundaries
* Learning time management and tuning into easy flow
* Self-directed learning journeys put into practice to change the world
* Learning yoga through stories, play, dance, art, poetry…

1. **Anatomy & Physiology: 10 hours**

**The Anatomy of An Universal Being:** Growing & Glowing Strong Together

Includes the study of both physical anatomy and physiology (bodily systems, organs, etc) and energy anatomy and physiology (chakras, nadis, etc). Supporting lectures, videos and lessons will be used to enhance the students’ understanding of anatomy and physiology as related to yoga practice.

Objectives:

* Learning how the science of yoga relates to the growing bodies of boys and girls (benefits, contraindications, healthy movement patterns, etc)
* Understanding stages of childhood development from ages 2-15 (including special needs)
* Explaining alignment of yoga postures along with their anatomical point of focus for benefits or contraindications
* Exploring the seven chakras by using specific yoga poses, guided meditations, and the Mirador Chakra Map
* Sound vibrational work

1. **Yoga Philosophy: 12 hours**

**Awake within Your Life**: Spinning the Mirador Lotus Flower

Using the Mirador given content, online research, videos, research, specific sacred texts, as well as their own written reflections and multimedia creations, students will study and integrate the yoga philosophy of being awake within their life now.

Objectives:

* Understanding the ethical aspects of teaching kids yoga and being aware of common challenges faced by kids yoga teachers
* Appreciating the ancient roots of yoga (yamas & niyamas) and learning to translate their benefits within a daily yoga practice for kids growing up in a modern world in the age of speed
* Comparing the 8 limbs of yoga to the Mirador Model (and its 7 guiding principles)
* Learning to clarify yoga expectations, intentions and goals for each session
* Learning about different schools of yoga, mindfulness and meditation and writing/creating personal reflections/presentations about one’s own integrated teaching style and how it applies to the needs of kids today
* Using the Neurowisdom Program (a $197 value bonus)
* Identifying relevant themes in a child’s life and using yoga philosophy to provide creative solutions for any present challenges (death of grandparent or pet, parents’ divorce, moving to a different school, bullying, etc)
* Empowering oneself to make time each day and be still, trusting one’s intuitive power.

1. **Practicum: 18 hours**

**Living Yoga**: Embodiment at Its Best

Observing, discussing and practicing teaching children’s yoga classes

**each student will be:**

**-lead teacher under the supervision of the lead trainer for a total of at least 5 hours**

**-observing peers teaching and providing feedback for a total of at least 5 hours**

Objectives:

* Under the supervision of the lead trainer, the students will be able to practice teach and observe their peers practice teach at least a total of 3 hours of kids yoga.
* Students will be observing and giving feedback to others during the practicum
* Students will get a deeper understanding of right sequencing, room and props’ set up, tone of voice, holding a clear intentional energetic and yet nurturing space for others, as well as what new possibilities might present themselves in a kids yoga session.

1. **Children’s Yoga & Quantum Creativity Adventures:12 hours**

**Understanding the New Children**

Students will:

* **deepen their teaching skills by immersing themselves in the creation of fun themed kids yoga classes**
* **students will study and understand all childhood developmental stages, (physical, emotional, cognitive and behavioral for ages 2-15) through reading, watching online videos and lectures**
* **students will receive a good understanding of their connecting role and that of enhancing relationships as a yoga teacher who thrives on clear communication with parents, guardians and any other adults involved in his/her yoga kids’ lives.**
* **Students will practice life coaching skills**
* **students will also observe each age group (2-4, 5-8 and 9-15) for a minimum of 3 hours in a chosen educational setting, take notes and then create appropriate one yoga sequence for each of these age groups, culminating with their return to one of the three chosen educational settings (classroom, child center, etc) to teach a minimum of 30 minute themed kids yoga session and then having the classroom teacher fill out a feedback form to evaluate their performance.**
* students will later write their own essay with personal reflections of what they learned from teaching their kids yoga session ( how their observing time helped them understand the appropriate yoga approach for the specific children’s developmental stages, how they perceived their role as a yoga teacher, further insights about their communication style and enhancing relationships with other adults involved in these children’s lives, like parents or other teachers)

Electives: 8 hours

Total Training Hours Before Graduation: 95 Hours