## 95 Hour - CHILDREN’S YOGA & Mindfulness Teacher Training- Fully Accredited through Yoga Alliance ~ Summer/Fall 2017 in Cincinnati, OH ~ 513-432-4887

**WHERE: Mirador private yoga studio (Clifton, Cincinnati)**

**TRAINING DATES: AUG 6th, 2017- Jan 6th, 2018**



**Become a Children’s Yoga Teacher by taking this Accredited Program with Yoga Alliance**

The Mirador Kids Yoga Teacher Training  (our 95 Hour Certification Program Accredited through Yoga Alliance) equips you with yoga methodology, keen awareness, creativity coaching tools, confidence,  and all the playful energy you need  to create the most impact in your work with children  as you reinvent new facets of educational leadership.​ Please note that this program stands alone as a Specialization  for Teaching kids yoga for all those who have not taken 200 hour Yoga Teacher Training and you can start teaching kids yoga classes right after graduation  (If you  are already  a RYT 200 - a registered adult yoga teacher  with  Yoga Alliance, you can add the new designation of RCYT  - registered children's yoga teacher -with this training  (a couple of steps are required to do so: submitting our certificate of completion and entering 30 practice kids yoga teaching hours into the Yoga Alliance web database).  Our training combines 10 modules of independent/online learning with 10 LIVE modules of face to face instruction. Every one of the TEN Modules counts towards CEUs for yoga teachers (RYTs) who need continuing education units every three years as well as towards your 95 hour Children's Yoga Specialty with Yoga Alliance. This training also counts towards CEUs & professional development hours for educators (please check with Cezarina and also your local PD person). If this journey is for you:

* **Visit** [**www.cezarinatrone.com**](http://www.cezarinatrone.com) **or call 513-432-4887 for details (as you will first need to download a registration form to submit. This is a SEVEN teacher group training (no more than seven teachers take the journey together with trainer) and it is first come and first served to maintain the quality of this multilayered journey.)**
* **There are 10 Modules of Study face to face (see info below with their specific topics)**
* **Regular Price Option is: Pay per Module ($150 per module or pay Full Discounted Tuition of $1355 saving $150 off the total price.) We will meet at Mirador Yoga Studio on chosen Saturdays and Sundays above (chack with Cezarina for exact dates) from 10:00 AM to 5:30 PM. Each module has a checklist with step by step instructions).**
* **If you prefer to pay in full now for the entire training, use our special discount that is applied; so instead of paying $1500 (ten modules’ price at $150 for each module, you will be paying only $1355 (this payment can be made with check/cash/money order or online using Paypal on our Online Store link).**
* **HOW LONG: Training will start in JAN 2017 and end on April 30th, 2017; (if you are missing a module, please discuss with Cezarina optional make up days for the future). Graduation will be scheduled for you as soon as needed.**
* **Hands on training happens for TEN chosen Saturdays and Sundays from 10:00 AM to 5:30 PM and the independent /online hours are done on your own and also collaborating with the trainer (you will receive a special password to access online learning modules).**

**Module 1 & 9: Multilayered MIRADOR Curriculum**: Yoga-Based Quantum Creative Practices & Themed Sequences

**Module 2 & 8: Journeys into the New Consciousness of Education: Exploring the MIRADOR** Yoga & Creativity Toolbox

**Module 3: The Anatomy of A Universal Being:** Growing & Glowing Strong Together

**Module 4: Awake within Your Life:** Spinning the Mirador Lotus Flower

**Module 5: Your Practicum:** Living Yoga: Embodiment at Its Best

**Module 6 & 10: Understanding the New Children:** Children’s Yoga & Quantum Creativity Adventures

**Module 7:** **Play & Creativity Coaching:** Create Your Life of Wonder, Pure Magic, Ease & Flow

**What makes this training UNIQUE  besides coaching and inspiring you to teach**

**kids yoga and nurturing your own inner child?**

* **Innovative Yoga and Mindfulness Practices** for day to day use
* **Life Coaching Foundation Skills** (these are very much needed in learning to assist children and honor where they are at in their own life journey now; these are also powerful coaching tools, plus **a pdf or a paperback copy** of the book [IMAGICA](http://www.santarigreen.com/writings/)by Santari Green, **plus conference calls with Santari** himself, creator of magical reality and amazing Life Coach from UK. )
* **Neuroscience Learning Templates** to help sustain your own yoga teaching journey as you evolve your work in the world.
* **Out of the box creativity coaching tools** so you can now fully embrace your own magnificence.
* **Magical music playlists and guided meditations** as well as Storytelling Flow boards
* **Other Practical Tools**to bring kids yoga to life everywhere you go
* **A community of like-minded Beings**…and so much more...

**Want More Info about Curriculum? Visit website** [**www.cezarinatrone.com**](file:///C%3A%5CUsers%5CCezarina%5CDocuments%5C2015-16%20MIRADOR%20YOGA%20SCHOOL%5CEVENTS%5Cwww.cezarinatrone.com) **or Call 513-432-4887**

**Early Bird Special through August 5th, 2017 - $1350.00 (save $150 of total tuition)**

All Current School Teachers receive a special training discount (please call 513-432-4887 to inquire)

**Mirador Children’s Yoga & Mindfulness** teacher training certification program focuses on teaching the whole child through yoga, mindfulness practices and creativity coaching skills for all brilliant children and youth, from babies to age 17. Accredited by Yoga Alliance, this Specialized Teacher Training focuses on harmonizing the social-emotional, physical, and mental aspects of each unique child giving them practical life skills to thrive in a very busy and stressful world.

**EXPLORING the MULTI-LAYERED MIRADOR Children’s Yoga Teacher Training Curriculum:**

**MODULES 1 & 9:**  **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 neuro wisdom and life /wellness 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 from Cezarina’s Own Mirador Coaching Model & Method (mindfulness with motivation, intention, re-emergence with integration, artistic expression, detachment with compassion, oneness, rebirth with celebration) in the design of each yoga practice.

**MODULES 2 & 8: 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 kids yoga through stories, play, dance, art, poetry…

**Module 3: The Anatomy of a Universal Being (**Growing & Glowing Strong Together)

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

 **Module 4: 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
* Eight limbs of yoga, the Mirador Coaching Model (and its 7 guiding life 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 Neuro Science given principles and templates
* 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.

**Module 5: Living Yoga ~** Embodiment at Its Best

Objectives:

* Students will practice teaching and observing their peers practice teach several kids yoga and mindfulness sessions.
* 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.

Modules 6 & 10: **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 foreach 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)

Module 7: Intricacies of the Whole Journey as a Teacher & Inner Guide to Self and Others

* Exploring more resources for kids yoga & creativity coaching life lessons
* Deeper look at self-love & mindfulness themes emerging
* The business aspects of working with kids yoga and mindfulness in different settings
* Discussions about all special kids and especially autistic children
* Playfulness & Creativity Coaching Skills (How to Create A Life of wonder, Pure Magic, Ease & Flow)

**Weekend Format**: 2 Saturdays a month

Please note: we start on a Sunday: Aug 6th and continue on Saturdays only.

August 6th

August 12th

September 9th & 23rd

October 7th & 28th

November 18th

December 2nd, 16th

Jan 6th (last module)

Saturdays 9 AM-5 PM

Tuition:$1500 ($150 per module). Payment arrangements can be made and a $150 deposit is required to register. All training participants who graduate will receive a 95 Hr Children’s Yoga Teacher Training Certificate fully accredited through Yoga Alliance and they will be able to teach kids yoga and mindfulness classes right away. Completion of this training also allows a RYT-200 to register with Yoga Alliance as RCYT.