



MIRADOR Yoga, Mindfulness & Creativity Curriculum Overview

www.miradorkidsyoga.com

We follow Research Brain-Based Experiential Learning and a proven Mindfulness-Based Approach, both models integrated with SEL (Social Emotional Learning) to bring in the benefits of a balanced development for children's physical, mental and emotional wellbeing. Environment is key, not only the external setting that we create but also the inner environment based on our Presence we bring to the setting (the quality of the world inside, the state of our mental & emotional bodies determines everything else we do.) Our unique way of teaching kids yoga and mindfulness is what we would call an "embodied way of teaching". Embodied teaching means that these child-centered approaches we use are MORE than something we do or facilitate, these approaches do become WHO we are as a practitioner or leader. We know that this type of teaching and heart-centered leading takes time for us (for it becomes a tool to enhance pure awareness), but it is proven to have the biggest impact on our children, families and community as a whole. We see and treat every child we meet as our own and this path of embodied teaching is sacred to us. We draw out the soul gifts of the child so that their inner light is illuminated. Each lesson and yoga & mindfulness adventure serves as catalyst for new insights and revelations into the New Consciousness of Education. (~Cezarina)

Mirador Yoga for Children~ Embodied Practice: 15 hours

PART 1 Exploring the Multilayered Mirador Curriculum: Fun Yoga-Based, Mindfulness & Creativity Coaching Sessions & Themed Sequences

- *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*
- *Practicing the art of co-creating fun and playful designs for your kids yoga and mindfulness sessions with kids and families*
- *Using a Montessori Style teaching and learning environment (child-centered and hands-on explorations)*
- *Understanding all ages and stages: Mom & Baby circles for ages 0-3, then ages 3-6, ages 6-9 and tweens ages 9-12, plus exploration for teens ages 13-15*
- *ABCs of Kids yoga + SEL+ Nature-inspired curriculum + Embodiment tools for teachers*

- *Using specific principles in neuroscience and creativity coaching components to enhance our teaching*
- *Always honoring child development and nourishing their inner wisdom in every lesson*
- *Exploring how other holistic therapies can enhance the teacher's own creativity in crafting their kids yoga and mindfulness sessions (new stories, new themed sequences & games)*
- *Using a special checklist to include aspects from all seven empowering Mirador guiding principles (mindfulness with motivation, intention, re-emergence with integration, artistic expression, detachment with compassion, oneness, rebirth with celebration) in the design of each kids yoga & mindfulness teaching unit for chosen age groups.*

Mirador Teaching Toolbox: 20 hours

Journeys into the New Consciousness of Education

PART 2 Exploring the Multilayered Mirador Curriculum: Fun Yoga-Based, Mindfulness & Creativity Coaching Sessions & Themed Sequences

- *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, lighting, music, meeting the moment as it emerges...etc.)*
- *Mirador kids yoga interventions & creative movement (adaptive yoga, sensory sessions, mindful movement, breath, emotional balance and self-regulation)*
- *Exploring themed yoga lesson plans & then being able to create one's own multimedia yoga lessons*
- *Learning how to sequence yoga poses and fun games (stories, songs, activities) to enhance the learning process. Note: Integrating Indigenous and Shamanic Wisdom into our kids yoga & mindfulness curriculum*
- *Learning how to integrate your own soul gifts into the creation of these kids and family sessions*
- *Learning to meet children where they are, as well as being with your own inner magical child daily*
- *Practicing 'just in time' communication & more creativity coaching skills for refinement*
- *Building self-confidence as a teacher by knowing how to balance nurturing qualities with clear boundaries*
- *Learning time management and tuning into easy flow at the same time*
- *Self-directed learning journeys are put into practice to change the world around us*
- *Learning your kids yoga through stories, play, dance, art, poetry, science explorations, community projects, practical life skills, interdisciplinary activities (Montessori inspired learning)*

Chakra Adventures and Mindful Energy-based Learning: 10 hours

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

- *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 0-15 (including special needs)*
- *Using a holistic curriculum approach and focus/Montessori style nurturing independence and curiosity for practical life skills, sensory learning, and interdisciplinary studies.*
- *Exploring the seven chakras by using specific yoga poses, guided meditations, special stories, vibrational sound therapy and the Mirador Chakra Map*
- *Integrating angelic harmonies in the work with children to support their emotional wellbeing*
- *The Importance of sound vibrational work for children and their families*

Family Yoga & Heart-Centered Parenting 12 hours

Awake within Your Life: Spinning the Mirador Lotus Flower

- *Understanding the ethical aspects of teaching kids yoga and being aware of common challenges faced by kids yoga teachers*
- *Appreciating the wisdom of yoga, mindfulness and meditation and learning to translate their benefits within a daily yoga practice for kids growing up in a dopamine-fueled world*
- *Modeling for parents heart-centered parenting skills (focusing on love, connection and intuition and how to draw out the soul gifts of the child so that their inner light is illuminated.)*

- *Healing one child and one family at a time = empowering all the children of the future*
- *Exploring a variety of offerings for Moms and Baby/Toddler circles, Nature-Connected Family circles, Creative & Expressive Family Sessions, Seasonal Themed Sessions and so much more*
- *Mirador Coaching Model/ 7 guiding spiritual principles & tools for teaching mindful kids yoga & family yoga*
- *The Importance of sound vibrational work for children and their families*
- *Learning to clarify yoga expectations, intentions and goals for each session + feedback from trainer*
- *Learning about different ways of sharing yoga & mindfulness with families and writing personal reflections about one's own embodied teaching style and how it applies to the needs of kids today*
- *Planning your own family yoga circle and sharing its flow for feedback and also to become confident in offering these sessions in your community*
- *Bonus: using a neuroscience program for your own self-development + discussing its application in teaching kids yoga & mindfulness sessions*
- *Identifying relevant themes in a child's life and using yoga philosophy to provide creative solutions for any present challenges (death of loved ones/pet, parents' divorce, moving to a different school, bullying, etc)*
- *Cultivating & trusting your intuitive power to refine your Presence as a Kids yoga & mindfulness teacher*

Mirador Kids Yoga, Mindfulness & Creativity Practicum: 15 hours

Living Your Yoga: Love in Action & Embodiment at Its Best

Observing, discussing and practicing teaching children's yoga classes

- *After using the Mirador lessons and practical tools, being able to design your own thematic unit for a chosen age group and receiving feedback to enhance it*
- *Being able to practice teach at least a total of 10 hours of kids yoga and mindfulness sessions and receiving feedback*
- *Observing other teachers' lessons, taking notes to discuss in training and for Q&A*
- *Receiving a deeper understanding of right sequencing, room and props' set up, tone of voice, holding a clear energetic intention and yet nurturing the space for others, as well as catching new possibilities of inner growth that might present themselves in a kids & mindfulness yoga session or a family yoga circle.*

Embrace the New Paradigms in Children's Yoga, Mindfulness: 16 hours

Mentoring time to enhance your skills

- *deepen your teaching skills by immersing yourself in the creation of fun kids yoga & mindfulness thematic units (Montessori style lessons customized to your unique gifts as a teacher.*
- *study and understand all childhood developmental stages, (physical, emotional, cognitive and behavioral for ages 2-15)*
- *receive a good understanding of your connecting role in the community (that of enhancing and harmonizing relationships as a kids yoga & mindfulness teacher who thrives on clear communication with parents, guardians and any other adults involved in his/her yoga kids' lives.)*
- *practice life coaching skills for mentoring kids and parents (when needed)*
- *understanding the New Children (exploring a Beautiful Spectrum of Learning)*
- *observe each age group (3-6, 6-9 and 9-12) for a minimum of 5 hours in a chosen educational setting and take notes, then create an appropriate yoga sequence for each of these age groups to be able to teach it*
- *write your own essay with personal reflections of what you learned from teaching your own kids yoga session (how your observation time helped you understand the appropriate yoga approach for the specific children's developmental stages, how you perceived your role as a yoga & mindfulness teacher, further insights about your communication style and enhancing relationships with other adults involved in these children's lives, like parents or other teachers)*

Electives: 9 hours

Choose your own focus for these sessions (self-paced)

Total Training Hours Before Graduation: 97 Hours

Cezarina is an Ambassador for the New Children and a Holistic Education Mentor. This is a Sacred legacy for her life, sharing the wisdom she has gathered for 3 decades. She began working with families and kids when she was only 19-20 years old as an elementary 1st grade teacher in the traditional school system in Romania. Unsatisfied with the public educational system, she pursued studies in yoga, meditation, sound therapy, energy healing and holistic education while exploring different educational systems and eventually she re-trained to teach in US in 2006. Her three year teaching contract between 2007-2010 at the International American School in Niger, West Africa allowed her to integrate her soul gifts into her classroom and enrichment programs and she witnessed miraculous transformations in the children, parents and community at large through daily embodiment and spiritual advancement. The high school students asked the admin for her to mentor and coach them weekly, which eventually led her to become an ICF certified life, leadership and wellness coach. When returning to US, Cezarina began to offer kids yoga, mindfulness and creativity coaching programs to Montessori schools and public schools in Cincinnati, OH as she saw the need before the admin knew it. In 2014, Cezarina created Mirador Yoga, Mindfulness & Creativity School RCYS (www.miradorkidsyoga.com). Through dedication and many hours of hands-on training, Cezarina shared her insights with teachers, psychotherapists, school staff and other mentors of children to enrich their toolbox. Today she continues to share the New Encodements of Consciousness evolving this Sacred path of being an Ambassador for the New Children.