

WHY YOGI BEANS TRAININGS?

Yogi Beans' **25-Hour Basic Kids Yoga** Teacher Training is a comprehensive, **physically intensive**, and fun three-day travel into the world of kids' yoga. The training enables the instruction of yoga for ages 2 to 10 in order to guide them on how to regulate their physical bodies and manage their mental faculties to foster happier and healthier people.

Led by **expert trainers**, Yogi Beans' trainings are filled with **interactive concepts**, laughter, music, dancing, and instructional "play" for both on and off of the yoga mat. Trainings are designed for **real-world application** in homes, yoga studios, classrooms, and beyond. You will gain **practical knowledge** and teaching tools to create captivating yoga experiences anywhere in the world!



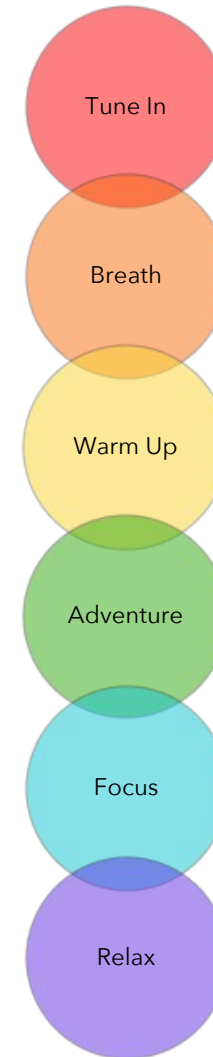
WHAT WILL I LEARN?

- ✓ 250+ Novel Asanas (Poses)
- ✓ 20+ Pranayama (Breathing Exercises)
- ✓ 40+ Creative Yoga Games & Activities
- ✓ Guided Imagery & Meditations
- ✓ Age-Appropriate Thematic Stories
- ✓ Sequencing for Kids Ages 2 to 10
- ✓ Partner Yoga for Friends & Family
- ✓ Teaching Parent & Child Classes
- ✓ Inversion Workshop for Kids
- ✓ Restorative Practices for Kids
- ✓ Introduction to Yoga Philosophy
- ✓ Disciplinary Techniques Through Yoga
- ✓ Modeling Growth & Development
- ✓ How to Navigate Kids Yoga Business

IS THIS FOR ME?

No Previous Yoga Experience Required!

Trainings are for individuals of all types including parents, educators, yoga and wellness practitioners, and professional organizations. If you work with kids, or aspire to, our trainings will help you foster a novel yoga and mindfulness practice into children's lives.



Sample Class Program Structure

WHAT WILL I RECEIVE?

As part of your investment in a teacher training, you will receive:



MATERIAL
Official hard copy color manual



CERTIFICATION
Training hours count toward CE credits*



FEEDBACK
Practice teaching and live feedback



EXPERIENCE
Valuable experience designed to inspire

*Yogi Beans is a part of the Children's Yoga Teacher Training Collaborative (CYTTC). Registration with Yoga Alliance is required.

CONTACT US!

For immediate questions about teacher trainings, contact us at teachertraining@yogibeans.com or call 212-585-BEAN (2326)