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Ref. No.:

Date:

**SWASTI YOGA**  
**KIDS YOGA TTC SYLLABUS**

1. Name of the Certification: Yoga Teacher and Evaluator

2. Requirement/ Eligibility:

For admission in the course it is suggested/ desired that the candidate should be graduate in any stream from a recognized University or equivalent. However, the Yoga Institutions can define their own eligibility.

3. Brief Role Description: Master Trainers in play schools, primary and secondary schools, sports centers. He or she can also act as coach in various fitness and wellness centers.

4. Minimum age: No age limit

5. Personal Attributes: The job requires individual to have good communication skills, time management skills and ability to understand the body language of the children and students.

The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency, engaging with students, dedication to teaching, ability to build caring relationships with students, friendliness and approachability, Independent, credible, analytical skills etc.

6. Duration of course: Not less than 100 hours or not less than 2 months as part time.

Direct Contact hours: 25 hours, Indirect Teaching hours: 75

7. Mark Distribution:

Total Marks: 200 (Theory: 80+Practical – 120)

## Theory

Unit No.	Unit name	Marks
1	Foundation of Kids Yoga	20
2	Introduction to Yogic techniques for children	20
3	Yoga And Personality Development	20
4	Applied Yoga	20
	Total	80

## Practical

S No.	Practical Work	Marks
1	Demonstration Skills	60
2	Teaching Skills	20
3	Evaluation Skill	20
4	Application of knowledge	10
5	Field Experience	10
	Total	120

## Foundation of Kids Yoga

### Introduction to Yoga and Yogic Practice

- Yoga: Etymology, definitions, aim, objectives and misconceptions.
- What can we learn from Yoga as Teachers and for our students
- Qualities for successful student given as sadhak tattvas, sadhana chatustaya
- Qualities of an ideal teacher- brahmanishtha, shrotriya, karuna, vinamrata, nishkamabhava, tyaga, bhakti, dharma
- Brahmacharya ashram vs modern schooling- Pros and Cons
- Myths and fallacies about yoga.

### Guiding principles to be followed by Yoga practitioners while teaching children.

- Principles of Yoga
- Application of major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha) in development of children
- Are we being blind followers without questioning?
- Lessons from Kena Upanishad, Parts of Upanishad- Karma kanda and Dnyana kanda
- What is karma yoga and karma kanda? Which way?

## Introduction to Yogic techniques for children

### Yoga and Education

- Education: Its meaning, definition and goal, role and importance of education in Human Excellence.
- Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education: Teacher,

- Student and Teaching, Guru- Shishya- Parampara and its importance in Yoga Education.
- Value Education: Its Meaning and Definition, Types of values, value –oriented Education in Personality Development.
- Contribution of Yoga towards Development of Values, Spiritual Growth.
- Salient features of Ideal Yoga Teacher, Role of Yoga Teacher in Value-oriented Education,

Role of Yoga in development of healthy society.

- Concepts of healthy living in Bhagwad Gita, Patanjali Yoga sutras and Hatha Yoga Pradipika
- Self-study and hard work - part of kriya yoga
- Teaching concepts of Yoga through Panchatantra stories
- Learning Yoga through mythology and culture
- Picture talk and conversation: Patanjali, Swami Vivekananda, Aurobindo

### **Yoga for Personality Development**

- Personality: Meaning and types of personality.
- Determinants of Personality with reference to psycho-social environment.
- Knowledge of various facets and stages of development of personality.
- Personality Development
- Role of spirituality and positive attitude in personality development.
- Role of Yogic practices (Asana, Pranayama, Shatkarma, Bandha, Mudra etc.) in health
- Personality Development with Yogic tools.

### **Applied Yoga**

Introduction to Psychology

- Introduction to psychology, concept of human psyche, stages of consciousness, cognitive process: Its meaning and nature.
- Definition and nature of Behavior, kinds of Behavior Motivation.
- Emotions: definition, nature and physiological changes during Emotion.
- Mental Health: Yogic view of Mental Health and Mental Illness.
- Role of Yoga in Mental Health. Importance of psychosocial environment for health and wellness.

Yoga for Disease Prevention and Health Promotion in children

Yoga for Stress Management

- What is Stress
- Yoga as a Way of Life for Stress Management
  - Ahara
  - Vihara
  - Achara
  - Vichara
  - Vyavahara
- Yogic Practices for Stress Management

## Practical:

Prayer: Concept and recitation

- Chanting: A sound (OM) with stomach breaths, vajrasana, dnyan mudra
- U sound (OM) with chest breaths, ardh padmasana, padma mudra
- Chanting: M sound (OM) with collar breaths, siddhasana, chinmay mudra

A-Z/ Nature asana:

Bear walk, Butterfly, Fish, Mountain, Tree and Forest, Dancer pose, Eagle, Doll pose

Yogic moral values:

- Be Honest
- Practice Moderation, Be Content
- Be Generous, Work Hard

Affirmation:

- I treat others how I like to be treated. I am proud to be unique.
- I am a great problem solver. I complete my homework on time.
- I learn from my challenges and can always find ways to overcome them. I make like-minded friends easily and naturally.

Animal voice Yoga: Happy and angry Cat, Dog, Crab race

Yoga breathing:

- Breathe awareness, Blowing (whistle blow, party blowers, balloon blowing)
- Bumble bee breathing, Nostril dominance, affirmation breathing with meditation,
- snake breath, air walk, back to back breathing, steam engine breath

Fun Yoga knowledge:

- Yoga is not competitive. Yoga teaches self-acceptance.
- Namaste: The light in me sees the light in you. Yoga supports positive thoughts.
- Yoga encourages healthy habits. Yoga teaches to stay calm.
- Fun asana: From attachment to detachment...
- Balancing the dvandvas for living a successful life..
- What is asana? asa- addiction , na-no

Yoga Games:

- blow painting, birds fly, bridge game

- Ready Steady Calm game, rope walk
- Craft/ drawing/ Play: Guess who?
- Take 5, land and water, Frog race

Yogic diet and table manners:

- I will eat Sattvic food prepared by my mother at home. Before eating I will thank my mother.
- I will eat only when I am hungry. I like to eat fruits and vegetables.
- I will never waste food in my plate and take only as much I want.

Science and Yoga talk:

- Balloon game 1- Yoga makes our lungs strong.
- Yoga improves our memory and focus
- Yoga builds our immune system and helps fighting diseases.
- Mind control, science of self-control/ asana, calmness of mind, balance of life/ hatha yoga, skillfulness in work, life management skill



Swasti

THE SPIRIT OF UNION