

Program Options and Requirements

Two creative and complementary modules = Certificate

Creative Explorers (module 1), Creative Adventurers (module 2). Both modules are required to obtain certification, **however you have the option of taking module 1 only without certification.** Module 1 is required to sign up to module 2. Modules are offered 1 month apart, allowing teaching practice time, reflections for integration. You will be invited to a graduation celebration after completion of all module 2 participants!

Practicum and home-study required for completion

Required for each module. Each inspired by elements experienced during the module. Reflections and practicum for module 2 cover your entire program experience.

Commit and Find your Fit!

- A strong commitment is needed from participants through active participation during the weekends, during your practicum and teaching, along with required pre-training readings.
- A committed interest in yoga and children: having attended yoga classes or workshops (not necessarily on kids yoga) for at least 6 months prior to Module 1.
 - it supports the understanding of movement experiences not being explored mechanically, nor solely for physical fitness, nor only as an outlet for exuberance
 - it awakens the willingness to slow down to wake up
 - it supports you in your practicum and reflections

Although there is a focus on certain age-groups in each of them, module 2 covers many activities, topics and games that are applicable, adaptable with creativity and address the needs of several age-groups. It is a continuation, not a separation from the previous chapter of our adventure.

“ I loved my practicums. I shared a wonderful experience with the kids in all 4 classes and am very grateful that you required us to do this, Catherine. The reflections and homework and assignments were really useful in helping us consolidate knowledge and the material. ” Sonix, graduate module 1, 2014

Creative Explorers - Module 1

- Fresh, innovative movement approach to kids' yoga, concentration on children aged 2-10
- Foundation on children's yoga, moving with meaning through play, creativity, cooperation
- Children's developmental stages, Yamas/Niyamas, ethics
- Quality teaching principles/methodology for living playfully and sharing creatively with practice and observation with children, games, dance, animated poses and flows, age-appropriate creative breathing and relaxations exercises.

Requirements and Pre-requisites:

- 6 month-exposure to yoga (workshops, classes, trainings **prior** to training wknd)
- Pre-readings (supports your wknd participation and post-wknd practicum)
- Practicum: 4 community classes (you are responsible for setting up/organizing/delivering those classes), completion of a reflection to hand in with lesson plans and teaching reflection. (**max. 4 weeks to complete, no exception**)
- Contact hours: 20 , Non-contact hours: ~15 (CEUs for Yoga Alliance teachers)

If choosing Module 1 only, upon successful completion, you will receive:

- A document attesting of completion of Module 1 -Creative Explorers
- Free access for 3 months to exclusive Module 1 forum to support your beginnings
- Comprehensive training manual **with mentoring during practicum** (given at training)
- A new found creativity , confidence, eagerness to engage with the children right away.

Creative Adventurers - Module 2

- Innovative movement approach to children's yoga building on the foundations of module 1
- Exploration of yogic philosophy for all children including tweens and teens as well as Chakras
- Ways to support and empower children aged 11-16 as well as teens' development stages
- Further exploration of **PLAY, CREATE, COOPERATE™** and your creative potential
- Experience flow/sequences/groupings, art, more practical and effective tools for teaching creatively, observation of classes with children, peer teaching and peer support
- **Learn ways to engage your community in preserving childhood.**

Requirements and Pre-requisites:

- Active participation in Module 1 and yoga exploration
- Practice teachings (4 classes from module 1), pre-readings and preparation
- Practicum: 6 community classes (you are responsible for setting up/organizing/delivering those classes), completion of a program reflection to hand in with lesson plans and teaching reflection. (**max. 8 weeks to complete, no exception**)
- Contact hours: 20, Non-contact hours: ~ 25-30 (CEUs for YA teachers)

Upon completion and after graduation celebration, you will receive:

- A certificate of achievement and mention of graduation on the Littlefeet Yoga® website
- A comprehensive training manual (given at training)
- Access for one year to Creative Adventurers forum + free tools to support you
- Discounts on additional creative resources.
- 1 private conversation with Catherine on topics you need support with
- Ease, confidence, integration, creativity, NEW PERSPECTIVE!