



Wainwright House

Children and Teens Yoga Teacher Training Certification

A Yoga Alliance approved certification course for parents, teachers, and everyone who wants to teach yoga to young people.

Yoga has proved to help young people tremendously with self-regulation and focus. Small children gain coordination and motor skills. Teens gain self-acceptance of themselves and others. All children benefit from the many facets of yoga when brought together in a structured environment that fosters acceptance, safety and compassion. Young Mountain Yoga at Shine Yoga Kids will give you the necessary tools to create this environment while successfully facilitating an effective (and safe) yoga class.

Created by the faculty of Yoga Mountain, one of the most established teacher training programs in the United States. The Young Mountain professional yoga certification program is built on sixteen years experience teaching youth of all ages in schools, hospitals, yoga studios, campgrounds and playgrounds. Gain knowledge from leaders in the field who currently work with children as yoga teachers, yoga therapists and writers. Hosted by Shine Yoga Kids, a teaching studio for yoga teachers and a public studio for kids of all ages that practice the art of yoga. The program includes four weekend modules, plus a fifth module of integrative work. These modules can be taken independently or in full for Young Mountain Yoga Teacher Certification.

Module 1. Grounding and Centering in Yoga

Asanas, yoga exercises, breathing techniques, self-regulation techniques. The language of yoga. Yoga for age-specific groups - children, teens, and young people with special needs. (Depression, hyperactivity, autism, physical disability, nervous disorders, eating disorders, obesity, etc....)
Yoga class design and teaching.

Module 2. Stretching and Strengthening in Yoga

Asanas II, breathing techniques II, teaching styles, class styles. The joy/fun of yoga. Yoga as self-exploration. Yoga for age-specific groups - children, teens, and young people with special needs. (Depression, hyperactivity, autism, physical disability, nervous disorders, eating disorders, obesity, etc....)
Yoga class design and teaching.

Module 3. Mindfulness and Meditation in Yoga

Meditation for teens (age group specific), meditation for Children (age-group specific), meditation for young people with special needs. Asanas practice; breathing techniques practice, creating your class, teaching styles II, rhythm, song, games, voice. Creativity in teaching and learning.
Yoga class design and teaching.

Module 4. Self Regulation and Teaching Methodology in Yoga

The science of self-regulation. Asanas practice; breathing techniques practice, defining your teaching goals, learning from your class. Relaxation techniques; yoga games.
An overview of yoga studies age-specific to children and teens, and young with special needs. Practice teaching, Yoga as Play, and more.

MODULE 5. Integrating Your Knowledge...TBD



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Children and Teens Yoga Teacher Training Certification (Continued)

Those interested in obtaining a yoga Certification* have an additional required teaching practicum which includes

- Six hours observing teachers
- Twelve hours teaching children in the field
- Mentorship program

Module/Workshop Calendar 2016

Each module is a full weekend. There are no major holidays during the dates listed below.

| Schedule | | Saturday | Sunday |
|--------------|--|------------|------------|
| October 8-9 | | 12:30-6:30 | 12:30-6:30 |
| November 5-6 | | 12:30-6:30 | 12:30-6:30 |
| December 3-4 | | 12:30-6:30 | 12:30-6:30 |
| January 4-5 | | 12:30-6:30 | 12:30-6:30 |
| Febrary 4-5 | | 12:30-6:30 | 12:30-6:30 |

Registration and Fees – Download App

Register for a single module or all five

\$350 each weekend module

\$1695. Wainwright Member;

\$1795. Wainwright Non-member

* Payment plan available call 914-967-6080.

*All five modules, mentorship and teaching practicum must be completed for certification.

About Us



Gail Bentley Walsh, Founder & Director of Yoga Mountain, ERYT 500, IAYT Yoga Therapist, YM Cert

Walsh is an ERYT (Experienced Registered Yoga Teacher) with the National Yoga Alliance. Her Yoga Mountain Yoga Teacher Certification programs have been on-going since 1994, approved by the National Yoga

Alliance, <http://yogaalliance.org/>, and she has trained over 344 students in her 200 and (300) 500-hour yoga teacher certification programs. Yoga Mountain Yoga Therapy Certification is the latest addition to her roster of training and certification programs. The program is approved by the IAYT (International Association of Yoga Therapists)

<http://www.iayt.org/>.

Gail Bentley Walsh has been teaching yoga in public, private and special education schools for eighteen years. She is an expert when it comes to k-12 education involving the science of yoga. Walsh is passionate about bringing these tools to every teacher, no matter what the teachers' background or experience, since she knows firsthand that simply exploring these techniques together can begin to cause a cultural shift in faculty, staff and student body away from fear, depression, anxiety, poor health, hostility and violence.

Gabriela Chinnock E- RYT 200/500, RCYT, IAYT Yoga Therapist,



Gabriela combines her love of movement and yoga with an intense desire to guide children to feel empowered as individuals. She holds a BA in Dance/Choreography from UCLA and, along with her 200/300 certification, she has specialties in yoga therapy and in teaching yoga to kids. She enjoys designing kid's yoga classes, workshops and complete programs for yoga studios, schools and camps. She has 20

years of experience working in the movement and wellness world in NYC and L.A. While practicing yoga for 15 years, Gabriela has also spent the last 15 years as a leadership trainer in NYC public schools teaching social and emotional skills to children and teens. She currently works in three different school districts bringing yoga to kids k-12, while also teaching group and private classes. Gabriela was a co-founder of the YMY program and is committed to sharing the profound therapeutic benefits of yoga to the children and adults she works with.

Abigail Hammond RYT 200/500, RCYT



Abigail has been practicing yoga for a little over 3 years. She was trained as a RCYT through Yoga Mountain in 2014 and is currently working towards her 500 hr Yoga Therapy Certification. Abigail turned to yoga for self-care during a time that she was under a lot of stress. The practice allowed her to self-regulate, manage her stress and become a more centered and happy person. She realized she couldn't keep these benefits to herself and decided to bring yoga to children! Since then, she has worked with different populations of children in several different settings including: residential, preschool, private, elementary and high school. Abigail was lucky enough to bring her own yoga program to each new job and witness for herself the effects of this wonderful practice for the children she worked with.

When Abigail is not doing yoga she is teaching fifth grade in a specialized school for children on the Autism Spectrum. She received her BA in Sociology from Hunter College and is also certified as a Lifeguard, as well as CPR and First Aid.

Wainwright House Yoga Training Academy Rye, NY



Wainwright House is a Learning Center for Enlightened Living focused on optimizing the potential of the individual, the family, the community and the world.

Wainwright House is the oldest non-profit, non-sectarian holistic learning center in the United States. Our mission is to inspire greater understanding through body, mind, spirit and community. In this sacred space, we seek to inspire by offering initiatives in spiritual exploration, health and healing, cultural enrichment, and environmental awareness.

Yoga Mountain & Young Mountain at
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