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## Advanced Training – Intensive

We are very pleased with the caliber and dedication of our group. We are totally honored and humbled by the commitment and service you have shown over the past year. There are so many opportunities before us and we welcome your involvement in the coming years to continue to make the YogaKids name stronger and stronger to serve all of our needs. Thank you, Thank you!

Our intention for Advanced Training - Intensive is multi-fold:

- To share our expertise, experience and lessons from the Advanced Training –Practicum.
- To share new techniques, developments and projects from YKI.
- To experience transformational tools and personal growth exercises.
- To retreat and deepen your practice..
- To prepare for your future as a CYKF and all the opportunities available.
- To accrue anatomy hours for fulfillment of the Yoga Alliance.
- To provide a summation and review of YogaKids asanas, techniques and games.
- To integrate the newest theories of child development and education.
- To add more “food” for thought with diet and nutrition for children.
- To give you tools, guidance and marketing ideas for your YogaKids career.
- To share our plans and vision in continuing to create YogaKids International, visibility, household recognition and acceptance as the quality brand of yoga education for children.
- To discuss YogaKids licensing and continuing education.
- To introduce mentoring and training opportunities.
- To weave a network of YogaKids Facilitators who share their love of yoga and children as a way to provide financial stability for

themselves and their families doing work that comes from the heart.

- To celebrate your YK Facilitator journey and certification.
- To have fun, play, laugh, explore, create and connect.
- To return home empowered, rested and ready to roll with your new YogaKids life path.

You will need to prepare and bring the following:

### **1. A Presentation**

Pick an area of expertise that is relative and congruent to your YogaKids journey and with our programs' tenets and philosophy. Perhaps something you discovered in your Advanced Training – Intensive that was successful and received enthusiastically in your YogaKids classes. Please choose an area that is of interest to you and sings to your heart. Prepare a lesson, activity or presentation to teach/share with your Advanced Training – Intensive colleagues.

You may wish to choose a certain limb of yoga, art, herbs, music, creative writing, crafts, massage, dance, any or all of the multiple intelligences and 14 Elements, or any other area of interest. The possibilities are endless.

With your topic, create an engaging and exciting presentation. Each one of you will share your unique skills and passions for teaching the YogaKids Way. Please let Amy ([amy@yogakids.com](mailto:amy@yogakids.com)) know your topic as soon as possible. Your mentor can offer suggestions, based on your Practicum work, if you need help. Be prepared to teach and share with loving simplicity. This presentation should be hands on and no more than 20 minutes. A timer will be implemented. Bring necessary handouts (xx copies, 3 hole punched, collated) and materials with you to keep it multi-sensorial and interesting. This presentation is a synthesis of your passions and loves woven into the tapestry of YogaKids in an accessible and heartfelt way. Make it fun! It is a culmination of your journey. You should rehearse this to ensure it meets the time limit of 20 minutes, including #2 and #3 below.

### **2. Great Ideas List**

Please make and bring a list of any children's books, tools, games and ideas that your YogaKids have especially resonated with to share after your presentation.

(xx copies, 3 hole punched and collated)

### **3. Favorite 4 Lesson Plans**

Please make and bring copies of your top (4) four lesson plans or favorite classes to share with your colleagues. All your lessons should include the 14 elements.

(xx copies, 3 hole punched and collated.)

#### **4. Classroom Management Ideas**

Please write and bring your ideas on classroom management and your experiences during your Advanced Training – Practicum classes. What techniques have worked for you? What has been challenging? Please include successful discipline tools to share with your YK Family and any resources, references or ideas you have found to be helpful. We will have a forum on this topic and share our conclusions on our Website.

We will share ideas for improving the training process so that future facilitators can benefit from our wisdom and experience. Our dream is for each of you to choose to be certified, to continue in the program and to be eligible to become mentors and eventually trainers yourselves. Your participation is essential to our continued growth and integrity. We currently have a handful of mentors who have co-led training modules with Amy and I. Several are doing 1 Day Workshops in the US, Mexico and Canada.

YogaKids is the premier yoga education program for children since 1991. The feedback and press we're getting certainly supports that! We have trainees and facilitators around the world and many exciting opportunities as the pioneers in this field. Together our strength, love, conviction and dedication will guide the development of our next generations toward a more peaceful, harmonious and compassionate evolution of the human species. We invite and welcome your commitment to YogaKids.

Together, we can make a difference!!

YogaKids®: Educating and Empowering Since 1991.  
Fitness, Fun and Feeling Great!

Namaste,  
Marsha Wenig  
Founder and President  
YogaKids International

Amy Haysman, YKT, CYKF  
Mentor Coordinator  
YogaKids International