



Heart Space Yoga

40 hrs Kids Yoga Teacher Training

28 Contact Hours | 3 Days | 9:00am–6:00pm

A held, spacious, heart-led learning journey

DAY ONE

Meeting the Child, Meeting Ourselves

Theme: Foundations · Child Development · Teaching from Presence

Intention: To soften into the heart of children's yoga, understand who children truly are developmentally, and begin releasing adult-centric expectations of teaching.

9:00–9:30 | Arrival, Grounding & Orientation

We begin slowly.

- Welcome circle
- Gentle arrival practice (breath + body awareness)
- Introductions: names, intentions, and what has drawn each person to this training
- Setting group agreements rooted in safety, consent, and curiosity

This sets the tone: no rushing, no performing — just arriving.

9:30–11:00 | Module 1: Introduction to Kids Yoga

“Kids yoga is not adult yoga shrunk down.”

- What children’s yoga truly is (and isn’t)
- Why play, imagination, and movement are essential learning tools
- The role of yoga in emotional regulation and nervous system support
- Reframing our role: guide, co-regulator, facilitator of safety

Short embodied exploration: *What does “teaching with children” feel like in the body?*

11:00–11:15 | Tea Break

Time to chat, reflect, stretch, breathe.

11:15–1:00 | Module 2: Child Development & Yoga

Understanding the child in front of you

- Why children are not “unfinished adults”
- Developmental overview: ages 3–5, 6–8, 9–11, 12–14
- How emotional, cognitive, and physical development shape behaviour
- Matching yoga tools to developmental needs

Group Activity: Developmental snapshots

Small groups explore case studies and design supportive yoga responses.

1:00–2:00 | Lunch

Encourage rest, nourishment, stepping outside, nervous system reset.

2:00–3:45 | Module 3: Teaching Methodology

How we teach matters as much as what we teach

- The Heart Space class rhythm
- The importance of ritual, repetition, and predictability
- Voice, language, body positioning, and energy

- Trauma-informed teaching principles
- Flexibility, attunement, and letting go of “the plan”

Practical exploration:

Teaching from story, energy, and connection — not scripts.

3:45–4:00 | Break

4:00–5:30 | Practice Teaching Lab (Gentle Introduction)

Micro-teaching in pairs

- Teach a 5–7 minute opening + warm-up
- Focus on presence, tone, and connection (not poses)
- Gentle feedback and reflection

This is about confidence-building, not critique.

5:30–6:00 | Day One Closing Circle

- Group reflection
 - Journaling prompt
 - Grounding breath
 - Setting intention for rest and integration overnight
-

DAY TWO

Regulation, Inclusion & Practical Tools

Theme: Breath · Mindfulness · Neurodivergent-affirming practice

Intention: To deepen understanding of regulation, inclusion, and how to support every child — especially those who don’t fit neat boxes.

9:00–9:30 | Arrival & Gentle Practice

- Grounding movement
- Shared breath

- Check-in: how bodies and hearts are arriving today
-

9:30–11:00 | Module 4: Breathwork & Mindfulness for Kids

Breath as a bridge, not a behaviour tool

- Making breath visible and playful
- Age-appropriate breath practices
- Mindfulness through sensory awareness
- Rhythm, sound, and repetition as regulation tools
- Trauma-aware mindfulness (what to avoid, what to offer instead)

Practice: experiencing breathwork *as children might*

11:00–11:15 | Break

11:15–1:00 | Module 5: Inclusive & Neurodivergent-Friendly Yoga

Inclusion is the foundation — not an add-on

- Understanding neurodivergence
- Sensory needs and regulation styles
- Reframing behaviour as communication
- Language that builds trust
- Co-regulation over control

Group Activity: Inclusive class redesign

Take an existing plan and adapt it through an inclusion lens.

1:00–2:00 | Lunch

2:00–3:30 | Module 6: Practical Lesson Planning

From idea to embodied experience

- Heart Space class structure

- Planning for different age groups
- Themed class design
- Adapting on the spot
- Planning with inclusion in mind from the start

Walk through sample lesson plans together.

3:30–3:45 | Break

3:45–5:30 | Practice Teaching Lab

Longer teaching experiences (10–15 minutes)

- Small group teaching
- Inclusion of poses + breath + mindfulness
- Supportive group reflection

Confidence grows through doing.

5:30–6:00 | Day Two Closing

- Reflection circle
 - Journaling
 - Gentle grounding practice
-

DAY THREE

Professional Practice, Ethics & Stepping Forward

Theme: Settings · Safeguarding · Business · Integration

Intention: To help trainees step forward feeling clear, supported, and grounded — not overwhelmed.

9:00–9:30 | Arrival & Regulation Practice

- Gentle movement
- Breath

- Intention setting for the final day
-

9:30–11:00 | Module 7: Teaching in Different Settings

Same heart, different spaces

- Schools
- Nurseries
- SEN settings
- Community centres
- Studios and family yoga

Activity: Adapting one theme for two different settings

11:00–11:15 | Break

11:15–1:00 | Module 8: Ethics, Safeguarding & Boundaries

Becoming the safest adult in the room

- Scope of practice
- Safeguarding responsibilities
- Boundaries as care
- Real-life scenarios and discussion
- Self-care and sustainability

This is held gently, with honesty and support.

1:00–2:00 | Lunch

2:00–3:30 | Module 9: Business & Marketing Toolkit

Sharing your work without losing your soul

- Clarifying offerings
- Pricing with integrity

- Marketing with heart
- Starting small and growing slowly
- Avoiding burnout and comparison

Reflection: *What kind of teacher and business do I want to be?*

3:30–3:45 | Break

3:45–5:00 | Module 10: Certification & Next Steps

- Certification requirements
- Reflective journals
- Observed teaching
- Registering with Yoga Alliance Professionals
- Ongoing support and CPD

Emphasis on *readiness*, not pressure.

5:00–6:00 | Closing Circle & Integration

A sacred ending

- Group reflections
- Final journaling
- Gratitude practice
- Acknowledging growth
- Blessing the path forward

This is not an ending — it's an initiation.