**Syllabus**

**Location**:

* In-person or via zoom per Yoga Alliance Covid-19 exception.

**Days**:

* Saturdays/Sundays from January 1 to April 2, 2022. Note, Graduation will be held on April 2 and you will teach a mixed level class to the children attendees.

**Time**:

* 2 pm to 7:30 pm (5 hours of class with a 30-minute break from 3:30-4:00)
* No class shall be held for longer than 5 Hours on a given day.
* All course hours are mandatory to receive a Yoga Alliance RCYT teacher certification.
* This course is 95 hours of in-person yoga curriculum.

**Prerequisites**:

* Completion of ShareLove.Fund RYT 200-program with certification or other Yoga Alliance accredited certification AND in good standing with Yoga Alliance.

**Requirements**:

* Students are required to submit a 30-minute yoga and/or meditation teaching video suitable for our on-line outreach program participants THAT INCLUDES teaching a child under 18 years of age.
* Students are required to provide alignment photos of a Sun Salutation and 45 poses of either themselves AND MUST COMPLETE PHOTO RELEASE WAIVER. Example illustrated below for the alignment photos.

***Chair Pose (Utkatasana)***

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**Cues:** Begin in Tadasana with your big toes together and heels slightly apart.  Bend your knees and sit back through your hips.  Shift most of your weight back onto your heels.  Open your chest while keeping your shoulders relaxed.  Gaze forward or up toward your hands.

**Modifications:** If you are having trouble with balance, widen your feet to hip-width or lean against a wall for support. If you have shoulder pain, bring your hands to prayer in front of your chest. If you have neck pain, keep your gaze straight forward.

**Schedule**:

* ***CHILDREN’S YOGA (95 HOURS, breakdown below:)***

-    ***Children’s Yoga General Background***: 12 hours on January 1, 2, and 8, 2022. Note, this topic will only be addressed for the first two hours on January 8, 2022.

*-Childhood developmental stages from ages 2-15 and the*

*impact of those stages. Breakdown of ages 2-4, 5-8, etc.*

*-* ***Children’s Techniques, Training, Practice***: 20 hours on January 9, 22, 23, and 29, 2022.

- ***Teaching Methodology***: 15 hours on February 5, 6, and 12, 2022.

- ***Developmental Anatomy & Physiology***: 10 hours on February 13 and February 19, 2022.

- ***Yoga Philosophy, Lifestyle, and Ethics***: 12 hours on March 5, 6, and 13, 2022. Note, on March 13, 2022 students will only learn *Yoga Philosophy, Lifestyle, and Ethics* for the first two hours of class.

***- Children’s Elective: Acro-Yoga for Children:*** 8 hours on March 12 and 13, 2022. Note, on March 13, 2022 students will only learn *Children’s Elective:* *Acro-Yoga* for the last 3 hours of class.

-     ***Practicum (Practice Teaching)***: 18 hours﻿ on January 8, March 19, 20, and April 2, 2022. Note, students will only teach for 3 hours on January 8, 2022as two class hours will be dedicated to *Children’s Yoga General Background* as discussed above.

**April 2, 2022 is the ShareLove.Fund graduation and students will be required to teach a prenatal safe class to an audience of attendees. This will be part of your practicum. This is not an “exam.” It is a “demonstration” of the gifts that you have learned and a sharing of those gifts with others. We do not have homework or exams at ShareLove.Fund as a matter of policy, but we do have enriched learning and loads of practice time!**