the elbow room

Children's Yoga Teacher Training

YOGA ALLIANCE PROFESSIONALS
Training Course

This course is fully accredited by
The Yoga Alliance Professionals and
Full worldwide insurance is available

Kids love yoga!
And children's yoga instructors are in demand!

Learn how to teach yoga to children & be a yoga ambassador for kids in your community.

Suitable for qualified yoga teachers, and those who work with children, this modular course gives a comprehensive foundation for teaching yoga to children aged 3 - 13 in a school or private setting. More importantly, it will teach you how to engage, entertain and give confidence to children and harness their natural abilities to learn.

Our style is to teach theory in an interactive and detailed manner while ensuring it is safely applied.

Certified by Yoga Alliance UK, your education will provide you with skills to teach kids the tools that help empower them to face physical and emotional challenges like restlessness, lack of concentration, competition, stress, conflict resolution and dealing with feelings of anger and powerlessness. Participants will leave training with the tools to help children connect to themselves & their community, access the calming power of their breath, develop focus & concentration, feel strong and confident through physical movement, and learn how to nurture themselves through relaxation.

This Course Features

Learn how & when to teach a comprehensive set of activities through your yoga classes including:

- Asana (postures)
- Pranayama (breathing exercise)
- Relaxation
- Meditation
- Storytelling
- Games
- Singing

Our unique course fully prepares you to teach children of mixed abilities:

- Learn how to use yoga as a tool to educate children and promote well being and good health
- Learn how to construct engaging, age-specific sequences and class plans for ages 3 -13
- Develop tools for effectively communicating with children and staying centred throughout the class
- Gain an understanding of childhood specific development, anatomy and milestones
- Learn how to address behavioral issues including, introspection, lack of self esteem / confidence, challenging or disruptive behaviors etc.
- Understand and identify children's' alternative learning needs, physical disabilities and how to adapt classes to include all children & understand when group classes may not be appropriate
- Learn how to manage parents
- Gain an understanding of the history and philosophy of yoga
- Learn methods on how to market your classes
- Learn how to teach in school rooms

Throughout the duration of your training, in addition to full participation on all of the weekends, each student will be required to observe and assist in yoga classes. Each student will have to demonstrate at least two years of continuous practice of yoga in order to be eligible for the course. This ensures a proficient standard and level of teaching.

The elbowroom has been successfully running teacher training courses since 2005. We have a great staff, wonderful studios and a facility to allow our graduates to continue their education through ongoing workshops, seminars, and classes.

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THE BENEFITS OF TRAINING WITH US

- Excite, engage and educate children through yoga
- Flexible payment plans
- Learn over 40 asana and movements
- Modules spread across 3-4 months to facilitate mentoring of classroom experiences
- Learn to teach in a school room setting

Course Content Modules I-III

- Child development and anatomy
- Fundamentals of teaching children
- Teaching methodology for children
- Come on and engagement with children
- Warm-ups
- Asana for children
- Pranayama
- Relaxation and meditations
- Visualisation
- Chanting and songs
- Yoga games
- Storytelling
- Sequencing for age groups 3-6, 6-9 & 10-13
- Dealing with behavioural problems
- Introducing anatomy to children
- Observing and assisting in classes
- A teachers toolbox

Course Content Module IV

- Identifying children with alternate learning and physical requirements
- Teaching children with additional needs
- Soundyoga with Singing Bowls for Children
- Teaching in schools

Module V - New Post Course Module

- Inclusion, disability and diversity
- The sensory system and sensory issues affecting children with Autism
- Yoga sequences for children with Autism
- Other adaptations class for children with Autism
- Difficulties encountered by children with ADHD
- Yoga sequences for children with ADHD
- Yoga for children with coordination difficulties
- Yoga for emotional and behavioural difficulties
- Case studies for complex presentations.
- With more topics and discussions on the day!

Your Instructors

Melissa Curtis

Melissa completed her first Perinatal Teacher Training with Robin Sale, founder of Wholebirth Resources, in the US.
She has taken workshops with Colette Crawford, one of West Coast of America's most renowned Prenatal and Active Birth Educators and completed Michele Odent's doula training. Melissa has been teaching pregnancy yoga for 10 years, is a children's yoga instructor and is the proud mother of Robyn Kai and Willow.

Assisting Melissa is **Tanja Thomas**, an Advanced Therapeutic Yoga Teacher and SpecialYoga UK certified teacher, specialising in yoga for children and children with additional needs. She has been teaching since 2014 in schools, studios, communities and organisations nationwide.

Tanja also incorporates mindfulness, meditation, therapeutic sound and relaxation into her work, creating safe, accessible and nurturing spaces where children can develop emotional regulation, body awareness and confidence.

New Module - Yoga For Additional Needs

This 2-day module will teach you how to plan specific sequences to benefit children with a range of difficulties using both occupational and yoga therapy.

This module is separate from our full childrens yoga training course and priced at €275.

Upcoming Dates & Fees

Spring 2027 - Weekend Dates

Module 1: Mar 13th & 14th

Module 2: Apr 10th & 11th

Module 3: May 15th & 16th

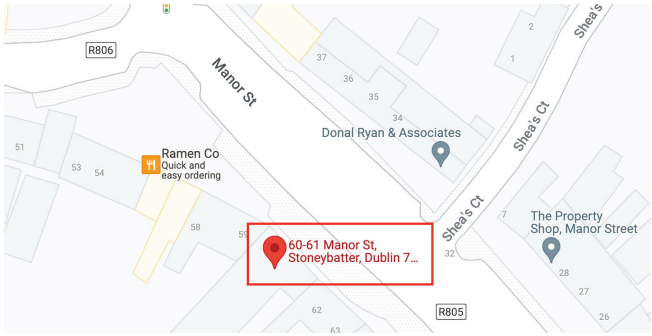
Module 4: Jun 19th & 20th

Class Times: 9:30am - 5:30pm

€1,100 for the full course (€275 per module)

For Children's Yoga Teacher accreditation, Module I - IV must be completed with additional observation and assisting hours.

Where Are We



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