

# Yoga for kids



## Teacher Training

Discover a new career path to help develop mind-body connection for kids

Nurture the qualities of self-discovery, inquisitiveness, concentration, and help them to overcome emotional, social and physical challenges or conflicts with the Yoga for Kids program.

*Akesia Wellness and Yoga for Kids brings you a truly holistic approach to child-centric education*



# Apply your desire to impact the future By cultivating Mind Body Spirit In pursuit of inner harmony for our children

**It's never too early** to learn techniques which will better prepare us to face life's challenges and this program will give you all the skills and more to put children on an early path – through breathing, concentration, and physical poses – toward constant self-discovery and inquisitiveness.

**The tender years of childhood** present an intense period of physical, emotional, social, and intellectual growth. Often when confronted with the stressors of every

day modern life, the body's sympathetic nervous system is triggered, resulting in an elevated heart rate and blood pressure which, over time, contributes to a lowered immune system, low self-esteem, depression, and isolation.

Learning these skills early in life can improve

- academic performance,
- self-esteem,
- classroom behaviors,
- concentration, and
- emotional balance

# Research has shown there are many benefits of yoga for kids:

## **It Enhances Physical Flexibility**

Yoga promotes physical strength because kids learn to use all of their muscles in new ways.

## **It Refines Balance and**

**Coordination** Balance is a key element of yoga. Balancing poses were created to promote mental and physical poise, as mental clarity and stability emerge from the effort of trying the poses.

## **It Develops Focus and**

**Concentration** The act of practicing poses encourages children to clear their mind and focus on the effort.

## **It Boosts Self-Esteem and**

**Confidence** Yoga helps to instill confidence and to bring learning to children on an experiential level. When a child masters a pose, it gives him confidence and self-esteem.

## **It Strengthens the Mind-Body**

**Connection** Yoga helps kids achieve a sound mind in a sound body by exercising the physical body and calming the mental spirit. Yoga functions as a release valve that alleviates pressure and as a foundation to nurture and develop a resilient and resourceful body, mind, and spirit.

# Special Needs Children:

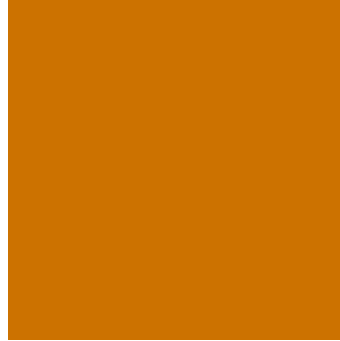
Yoga is beneficial to children of all ages, but it has been found to be particularly so for kids with special needs. Studies have shown that yoga benefits children with autism and ADHD.

In the U.S., National Public Radio reported that researchers surveyed teachers at a Bronx public school that had a daily yoga program and found that the program reduced kids' aggressive behavior, social withdrawal, and hyperactivity, compared with a control group of kids with autism who did not practice yoga.

Kristie Patten Koenig, Ph.D., an associate professor of occupational therapy at New York University who led the study, says that yoga was effective because it seemed to play to the strengths of kids with autism while also reducing stress.

Autism Key, an autism support website, says that yoga helps address kids' heightened anxiety, poor motor coordination, and weak self-regulation, something that otherwise is very difficult to do.





# Yoga for Kids Curriculum

## The program:

The program employs these creative ways to connect with children through yoga

### Use of following in planning each class age appropriately

- Yoga songs, rhymes and music.
- Creative games.
- Health Cafe.
- Dramatization & role play.
- Phonetics with poses.
- Affirmations.
- Picture talk with aids.
- Brain gym exercises.
- Lessons with Theme.
- Environmental studies.
- Cleanliness & Hygiene.
- Character building with moral stories using puppets.

### Allied topics covered in the program include

- Surya Namaskar with mantras
- What are Chakras?
- Use of multiple intelligence theory.
- Props and their importance in teaching.
- **Brain gym Theory**
- **Visualizations**
- **Elements of Nature**

# Konkan Culture:

## Evening Activities

Join the group for a tour of the farming villages of Talawada and Matond. Here you will learn about the rhythm of village life through the eyes of the farmers. Get a feel for the bullock cart as the primary means of transportation. Learn about the many uses of cows which have been integral to Indian culture since time immemorial. Learn how to harvest the current crop and also what a gobar gas plant is and its function in daily life. Finally, co-prepare and share an authentic Malavani village dish!

Visit the local temples and learn about the Ramayana and Bhagvad Gita.

## Guest speakers on:

- the unique aspects of the Konkan belt's rich biodiversity and its quest to become a Unesco natural heritage site.
- Ayurveda and medicinal properties of local flora.
- the history of Konkan belt, its unique ethnic composition and the role the region played during Shivaji





# The accommodation:

## Stay at award-winning Dwarka Farmhouse



Discover the true meaning of solitude and tranquility in Konkan's glorious natural beauty! Lounge in luxury at Dwarka Farmhouse that pampers you with the untainted, pristine ambience of Sawantwadi. Set on 15 acres of arable land, this stay nestles in the heart of fruit orchards and mango plantation! Enjoy the fresh air and atmospheric personality of Sawantwadi, as you relish the perks of contemporary conveniences in warm and snug accommodations of Dwarka Farmhouse. Check out the flawless beaches or simply unwind at the farmhouse. It's a rewarding vacation that you would never want to miss!

**Eating...** Everything in produced on the farm to make sure each meal you enjoy here is a fresh, sumptuous and home cooked one. While the orchard is full of mango, coconut, cashew and many other fruit trees, other parts of the land are used to farm a variety of vegetables. There is also a dairy farm that has a collection of Jersey and Holstein cows. Most of what is needed for a daily vegetarian diet is produced within the farm's premises making **Dwarka Farmhouse** completely self-sufficient.

**Exploring...** For once, don't be just a camera-laden tourist on holiday. **Dwarka Farmhouse** offers you the chance to be part of the larger picture i.e. the culture and tradition of the region. Your first introduction to this will inevitably be from **Dilip Aklekar**, the enthusiastic owner and host, who will also double as your friend, philosopher and guide during your stay here. Always available to cater to anything his guests might need, he gives each one of them personal attention to make sure their stay is very special. He also has a great deal of knowledge about the local sites and destinations and is always at hand to help you individualize your experience at **Dwarka Farmhouse**.

# Daily Schedule for Teacher Training Program:

The mornings will be spent on theoretical classroom work. In the afternoons, we will have an opportunity to learn about the local environment through a series of pre-arranged excursions, lectures, workshops and healing sessions.



## Schedule for Teacher Training

**Time period:** 30 hour program (5 days= 6hours per day).

### Day1, 2 and 3 (Introduction to Yoga)

6 To 7.30 am - Yoga asanas, pranayama, meditation. (Self cleansing)

7.30 To 8.15 - Breakfast (Sativik organic food preferable)

8.15 To 9.45 – Theory (Ashtang Yoga)

9.45 To 10.00 – (Organic) Tea break

10 To 12 - Yogaforkids course content and importance of planning lessons age appropriately.

### Day4 (Lesson planning and application of knowledge)

6 To 7.30 am - Yoga asanas, pranayama, meditation.

7.30 To 8.15 - Breakfast (Sativik organic food preferable)

8.15 To 9.45 - Lesson planning session

9.45 To 10 - (Organic) Tea break

10 To 12 - Theory paper (40% marks out of 100 compulsory)

### Day5 (Student assessment)

6 To 7.30 - class to be conducted by students

7.30 To 8.15 - Breakfast ( Satvik menu to be planned by students)

8.15 To 9.45 - Discussion of overall performance and theory paper with individual feedback.

9.45 To 10 - (Organic) Tea break

10 To 12 -Yogaforkids practical examination and Certification (60% of 100 compulsory)





# The investment



## Costs:

Indian Price: Rs 53,000

Foreigner Price: \$1340 USD

## Register:

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+1 918.766.6663

Costs are inclusive of 3 meals a day, accommodation, all fees for daily excursions and transportation once at Dwarka Homestay. Transportation /air, train, bus, or car TO and FROM Dwarka are the responsibility of the participant. Also tips, while not compulsory, are encouraged and are not included in the cost of the program.

*Akesia believes in and is dedicated to promoting all-encompassing, holistic health at an individual level as well as for society as a whole.*

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*Yogaforkids develops optimistic and stress-free kids for the future.*

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