



YOGACAMPUS

SHARING KNOWLEDGE

# Empowering Children through Yoga and Creativity (ECYC)

Created and Led by **Ayala Homossany**

Hosted by **Yogacampus**

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50-hour Registered Children's Yoga Teacher Training

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Accredited by Yoga Alliance (YA)

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# INTRODUCTION

Children are born creative with an inherent curiosity and endless imagination.

As adults, it is our responsibility to nourish these natural traits in children. Because being creative allows our little ones to find solutions to everyday issues, to be able to see two sides of the coin, take risks, and face fears.

Being creative is a skill that contributes dramatically to children's wellbeing and development. We are here to harness this skill.

**Empowering Children through Yoga and Creativity (ECYC)** is a 6-day, comprehensive registered children's yoga teacher training (50 hours) that will equip students with the knowledge and tools needed to **share** the magic of yoga with children aged 2-12; **empowering** them by stimulating their **creativity and curiosity**, supporting their wellbeing, and acknowledging their inner beauty. This is not about 'teaching' yoga, but 'sharing' yoga with children in an inclusive way, based on progressive and experiential methods that help bring out the best in them.



Recent studies have shown that yoga, breathing techniques and guided mindfulness based activities can help reduce stress, anxiety, reactivity, and improve sleep, and self-esteem while bringing about a greater sense of calmness and self-awareness in children. We believe that fostering creativity in children contributes directly to the positive development of cognitive skills as well as greater self-esteem and the ability to build meaningful relationships with those around them.

**Ayala Homossany** is passionate about spreading the benefits of yoga and creativity to children. A mother to three boys, she is the creator of the award winning **Enchanted Wonders A-Z cards**; a teacher trainer with extensive experience spanning 15+ years, and a professional in working with families, toddlers, children, teens and children with special needs. She has designed this progressive course to **empower** students to move away from traditional models of teaching and embrace new and independent methods of pedagogy in order to **meet** each child as they deserve to be met.

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun."

- Mary Lou Cook



The course will focus on delivering new methods of sharing yoga and mindfulness to age groups **2-5 years**, **5-8 years**, and **8-12 years** moving progressively from one group to the next with **creativity** as the anchor.

This course challenges the traditional teaching paradigm to encourage an innovative learning environment, recognising the importance of various learning methods such as visually, musically, linguistically, kinaesthetically, mathematically, in community and privately.

The syllabus uses the **blended learning** method, allowing students to engage through visuals and online interaction even when off campus.

With blended learning, incorporating **different learning styles** becomes possible – PowerPoints, images, audio files, video files, podcasts etc. Students have fed back that this type of learning has helped to develop their soft skills. Specifically, skills like relating well to others, time management, critical thinking and team cooperation are nurtured in a blended model. These are all skills that will aid teachers relate better to children.

We hope this training will open a door to your heart in order to help you find your own **creativity** as an adult so you can **share** it with children.

“Yoga makes me feel like nothing of this world. I feel confident and calm. Yoga relaxes me and helps me to take my time.”  
A quote from an 11 years old participant



# AIMS AND CONTENT

The aim of **Empowering Children through Yoga and Creativity (ECYC)** is to equip students with the knowledge and tools needed to share the best of yoga and mindfulness practices with children aged 2-12 years old, with an emphasis on **creativity**. We believe that creativity empowers children and emboldens adults to connect more deeply with one another. Between 75% and 85% of the **total course hours** will focus on sharing yoga and mindfulness with children for age groups **2-5, 5-8, and 8-12**.

**Each Module weekend will be structured as follows:**

**\*Live learning calls with Ayala**

Ayala will lead daily sessions for live learning presentations on course content

**\*Physical practice and group learning**

The course material will be studied through both group discussions and as smaller 'breakout groups' of a maximum of five in each group, to reflect on particular elements of the course content. This structure is aimed toward making the course accessible for all personalities and learning types.

**\*Guest Teacher discussion**

Each weekend throughout the course will include a live discussion or learning call with a guest speaker and students will have the opportunity to engage in discussions and practices with the guest speakers.

**\*Self-Study through our online learning platform**

Students will be expected to do some self work in between weekends as a preparation for the upcoming session. Such self work might include short fun practices and reading assignments. Students should allow 2-4 hours per week during the duration of the course for such self work.

At the end of the training you will need to submit an assignment that is divide into three short parts.

# COURSE OUTLINE

This 6-day course is broken into three, 2-day weekends and a total of 8 modules. There will be online homework in between the three weekends.



## Module 1: Yoga and Creativity

- How to encourage creativity and curiosity in children with yoga as the tool
- Learn how embracing creativity in yoga and mindfulness sessions can support children's and teacher's **wellbeing**
- Discover the relationship between self-practice and intuitive teaching
- Explore the connection between **creativity** and **anxiety** and how to empower children

## Module 2: The Diversity of Learning

- Learn how to embrace the **Yamas and Niyamas** in children's yoga classes
- Create different themes, foster a non-competitive and inclusive environment
- Discover the power of affirmations
- Discover the use of different learning aids and their benefits such as props, music, books, songs, yoga art, musical instruments and yoga cards

### Module 3: Asana, Pranayama and Meditation

- Learn to engage children with asana poses through association and creativity
- Learn specific modified **restorative yoga** practices and how to implement these and when
- Discover different yoga activities to engage and encourage breath awareness from early age
- Skilfully introduce pranayama and meditation practices to relevant age groups
- Explore modifications and contraindications

### Module 4: Child Development

- Learn about the physical, cognitive, social and emotional benefits of yoga and mindfulness for children
- Discover the different stages of child development physiologically and ways of introducing experimental anatomy



### Module 5: Self-Care for Children and Adults

- Discover the importance of offering yourself, teachers, and children the power of self-compassion and self-care
- Get tools to start your self-compassion and self-care practice right away
- Delve into the many benefits yoga and mindfulness offers off the mat as a way to create a nourishing space for children to grow and expand

## Module 6: Ethos, Teaching Methodology and Classroom Management

- Understand the relationship between behaviour and communication
- Incorporate verbal and non-verbal communication
- Learn to set up a class, teaching ethos and explore different approaches for creating experimental learning environments

## Module 7: Yoga in Different Settings and Children with Additional Needs

- Learn to share yoga in varied techniques for different class settings such as the classroom, 1:1, studio classes, family yoga, yoga camps, yoga birthdays etc.
- Integrate best practices for adapting yoga and mindfulness for a classroom and school setting
- Offer practices for children with additional needs
- Tutorials on leading online children's class

## Module 8: Building your Business

- Learn how to set up your own business, identify clients and reach out to schools and day care centres

"Yoga makes me feel calm and relaxed, I also feel that I am in a free zone and I am just blocked by negativity."  
A quote from a 10 years old participant





# Guest teachers - Specialist Topics



## Yoga for Children's Anxiety with Lisa Kaley-Isley

Children's anxiety is becoming an epidemic. How can we support children's mental health and equip them with tools to deal with anxiety and even prevent it?

You will learn about the autonomic nervous system and understand how anxiety develops.

You will explore and get tools to better understand how creativity can become a game changer in preventing children's anxiety while practicing yoga.

Read more about [Lisa Kaley-Isley](#) and her incredible work and offering.



## Self Care for Children, Carers and Teachers with Suzy Reading

What does Self-Care mean and how can it contribute to children's wellbeing? What methods can you use when you offer self care to children, carers, teachers and most importantly to yourself?

You will learn different practices and techniques to start your own self-care journey and practices to share with children.

Read more about [Suzy Reading](#) and her fascinating work around self-care.



**Additional guest teachers will join the training to add on the experience and exploration of the learning.**



# ASSESSMENT

Your progress will be assessed throughout the course based on practice teaching, self-reflection exercises, quizzes and partner/small group work. You will be expected to do some self work in between weekends as a preparation for the upcoming session. Such self work might include short fun practices and reading assignments. You should allow 2-4 hours per week during the duration of the course for such self work.

At the end of the training you will need to submit an assignment that is divide into three short parts. All will be required to uploaded to the **Yogacampus Online Platform** by the stated deadlines.

# ELIGIBILITY

This Teacher Training is suitable for yoga teachers and practitioners, nursery and primary school teachers, therapists or parents who want to share yoga with children. A minimum of two years of consistent yoga practice and familiarity with meditation or mindfulness is required.

# DBS CHECKS

You are required by law to obtain enhanced police disclosure (a DBS check) in order to work with children however we do not require that you have one in order to graduate from the course.

# QUALIFICATION

Upon successful completion of all elements of the course you will receive a certificate of completion from **Enchanted Wonders** and **Yogacampus** which enables you to share yoga and mindfulness to children aged 2-12. The course is accredited with **Yoga Alliance Professionals** enabling you to register as a professional with them.

"Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones."  
- Bruce Garrabrandt

