



95HOUR CHILDRENS YOGA TEACHER TRAINING

RCYT Certificate Program



TABLE OF CONTENTS

WHAT YOU WILL LEARN	3
HOW IT WORKS	5
ONLINE TRAINING OVERVIEW	6
THE COURSES AND WORKSHOPS	7
ADDITIONAL REQUIREMENTS	11
THE COMMITMENT	12
FAQS	15

95HOUR CHILDRENS YOGA TEACHER TRAINING
RCYT CERTIFICATE PROGRAM



WHAT YOU WILL LEARN

Bent On Learning's Children's Yoga Teacher Training Program prepares participants to teach yoga to diverse populations of children and adolescents in a school environment. Our goal is to give you confidence to be the authentic yoga teacher that only you can be, the one that is best for your students :)

- You will develop the knowledge, skills, disposition and mindset necessary to meet the needs of students and become a caring and effective yoga teacher for the ever-changing classroom.
- You will examine your personal strengths and fears in relation to your role as a teacher.
- You will share your racial autobiography and practice discussing race in order to better serve the safety and wellbeing of all kids.
- You will gain an understanding of what all students need in order to learn, at each stage of their development.
- You will learn how to teach yoga through a trauma-sensitive lens.
- You will learn classroom management techniques that support the joy and success of you and your students.
- You will write lesson plans based on Bent On Learning's yoga curriculum.
- You will practice teaching in your own voice and style.
- You will become a Yoga Educator.

HOW IT WORKS



Pre-Call: Understand The Commitment

Anyone who takes our 95-hour certification training must attend an orientation call before being invited to register. The purpose of this call is to provide an overview of the training, clarify expectations, answer questions and ensure participants understand and are prepared to make the commitment. Details of the Zoom call will be announced via email and social media.



Step 1: Complete Online Courses, Guest Workshops And Readings

Anyone who takes our 95-hour certification We offer 7 online courses that include a live, instructor-led review, along with 4 virtual workshops led by experts in childhood development, positive behavioral management, trauma sensitivity, and racial identity. Online courses must be taken in consecutive order and each course must be completed in full before moving on to the next one. Expert-led workshops occur in any order and are dependent on the schedule of the guest teachers.

Additionally, Bent On Learning has selected 3 books that align with our values and enhance the course content. We recommend a reading schedule for each book, but they may be read at any time throughout the training.



Step 2: Prepare And Teach A Demo Lesson

After completion of all courses and assignments (including writing lesson plans), trainees will teach a 20-minute demo yoga lesson to the group via Zoom, using BOL's curriculum. Feedback will be provided by BOL and other trainees in attendance. BOL will provide the schedule for demo classes and trainees will select a date and time that works for them.

HOW IT WORKS



Step 3: Complete Additional Training Hours

Once coursework and demo lessons are complete, BOL will begin scheduling trainees to observe and teach yoga classes in New York City schools. For those living outside of New York, we will work with you as needed to ensure you are able to fulfill these hours. Throughout this time, we will meet once per week for a limited time via Zoom to provide support and community as you complete the additional training requirements. 100% attendance in instructor/community-guided meetups is required.



Step 4: Earn Your Certificate

When you complete all courses, assignments, readings, group calls, observation and teaching hours, you will earn a BOL Certificate! With this certificate, you will be a highly qualified Yoga Educator and eligible to teach in Bent On Learning's yoga program in schools!

Note: For RCYT certification, Yoga Alliance requires an additional 30 hours of teaching experience, which can be fulfilled through BOL's yoga program in New York City schools.

ONLINE TRAINING OVERVIEW

Bent On Learning's online teacher training includes self-paced courses as well as live virtual sessions and workshops led by BOL instructors and guest experts. Each self-paced course has a corresponding instructor-led Zoom session to reinforce learning, address questions and build community. **Participants are expected to complete at least one course per week at their own pace before its corresponding live session.** All live sessions and workshops will be recorded and available for viewing for a few weeks after their scheduled date. To get the most out of the training and have an experience of collective learning and community, we urge everyone to attend the instructor-led sessions and workshops in person (virtually) at the scheduled times.

Additional training hours include readings, a demo yoga lesson, and group support calls, as well as in-person classroom observations and hands-on teaching. The core training of weekly online courses, live instructor-led sessions, guest workshops and readings is scheduled over a 10-12 week period, depending on holidays or other scheduling interruptions. Each week, participants complete a new course and attend its corresponding live session. Some weeks include an additional 3-hour guest workshop (or two).

The books on the required reading list are reviewed during the final three live sessions (one instructor-guided session per book). We strongly recommend completing each book before its scheduled review.

After online coursework is complete, trainees will present a demo kids yoga class to the group and begin observing and teaching yoga in classrooms. We will work one-on-one with each trainee to schedule these hours. New York City residents will have the option of completing these hours in our partner schools. To provide support and build community throughout this process, we will continue to meet regularly via Zoom for a limited number of weeks.

Completion of all hours is required to be eligible to teach in Bent On Learning school programs or to receive the Yoga Alliance 95-hour Registered Children's Yoga Teacher (RCYT) certification.



THE COURSES AND WORKSHOPS

Bent On Learning courses start with a focus on the teacher: **YOU!**

The training begins with collectively creating a space in which everyone in the group feels safe(r), present and valued -- much like we do for our students in the classroom. We then remind trainees to be active agents in their own health and wellbeing so they can thrive in and out of the classroom. Subsequent courses cover the developmental needs of children from PreK through high school and teach how to engage students and create a positive learning environment.

With renewed insight into oneself and knowledge of student needs, trainees then learn how to develop a complete yoga course fit for schools and how to create and teach yoga lesson plans appropriate for each age group.



ONLINE COURSES (EST. 45 HOURS)

The courses below may be taken at your own pace. They must be completed within one week of their opening date and before their scheduled live session.

We estimate it will take up to 45 hours to complete all online courses and assignments, plus attend their corresponding live sessions. Total hours will vary for each person, with some taking longer than others to get through courses and complete assignments.

COURSE NAME	DESCRIPTION
1. Welcome & Orientation	Review of the components, requirements and expectations of the training
2. The Role of the Teacher	Learning to embrace your authentic self in order to be the teacher only you are meant to be
3. Honoring All Students	How to see and meet kids where they are and take them where they need to go
4. BOL Yoga for Classrooms	BOL's best practices and methods for teaching yoga to young people in a school environment
5. BOL Yoga for Primary Schools	How to plan and teach yoga to children ages 3-10, in grades PreK through 5
6. BOL Yoga for Mid/High Schools	How to plan and teach yoga to children ages 10-18, in grades 6 through 12
7. Teaching Children's Yoga (Fully asynchronous course)	Tips to promote yoga in schools, create opportunities to teach & set up virtual home studio

GUEST WORKSHOPS (14 HOURS)

The workshops below are led by guest experts live via Zoom. They may be scheduled in any order, depending on the availability of the guest teacher. Each workshop is 3-hours long, with the exception of Racial Autobiographies II which is 2 hours

WORKSHOP NAME	DESCRIPTION
<p>Racial Autobiographies I & II</p>	<p>An exploration in how race manifests in our lives, past and present, to build racial awareness and unearth hidden assumptions and biases. Racial Autobiographies are tools for developing and deepening personal understanding of and insights around race. They not only provide a process for racial discovery but also serve as examples of what it means to establish a racial context that is personal, local, and immediate. (Gary Singleton, Courageous Conversations About Race). Racial autobiographies connect us in unpredictable ways and allow us to talk more openly and honestly about race and its impact. Together we will provide space for each other to be seen, heard and healed as we explore race and racism in our lives, in our work and in our worlds.</p>
<p>Positive Behavioral Management</p>	<p>An introduction to essential behavior management skills necessary to support student learning and program participation. You will learn the functions of behavior in school aged children as well as the antecedent and reinforcement strategies used to support positive classroom engagement. Participants will engage in self-reflection to understand how their identities and behaviors contribute to the classroom environment to personalize behavior management skills. During the workshop, participants will actively engage in the creation of their own individualized behavior management plan to set themselves and their students up for success.</p>
<p>Yoga for Childhood Development</p>	<p>Learn how yoga provides physical, emotional and energetic connections throughout a child’s development, with a focus on how students with challenges perceive the world and how foundational yoga facilitates a grounded and safe perspective</p>
<p>Trauma Sensitive Yoga</p>	<p>Learn the nature and prevalence of complex trauma among children and adults and explore the elements of trauma-sensitive yoga via the TCTSY model. The workshop begins with a TCTSY practice, allowing participants to experience TCTSY as a means of self-care, and providing a practical framework for the theory and research, which will be shared via a slide presentation.</p>

ADDITIONAL REQUIREMENTS

NOTE: Final projects, group calls, classroom observations and hands-on teaching will be coordinated and scheduled with the training group once the training has begun.

READINGS (ESTIMATED 20 HOURS*)

The Courage To Teach by Parker Palmer; *Other People's Children* by Lisa Delpit; *Brainstorm* (excerpts) by Daniel Siegel

* 20 hour includes readings plus instructor-led reviews

FINAL PROJECT: DEMO CLASS (4 HOURS)

All trainees are required to teach a 20- to 30- minute children's yoga class to the group via Zoom and to observe at least one other trainee teach a demo class. Time for preparation and feedback from BOL and fellow trainees count toward the final project hours.

GROUP CALLS (6 HOURS)

After the completion of the online courses and guest workshops, we will connect on Zoom once per week to review the required readings and build a community of support as trainees begin observing, planning and teaching children's yoga classes.

CLASSROOM OBSERVATIONS (6 HOURS)

Bent On Learning will coordinate times for trainees to observe and practice teaching yoga classes taught in New York City public schools to primary, middle and high school students. We will help non-residents of New York City fulfill these hours.

HANDS-ON TEACHING (30 HOURS)

To receive RCYT certification through Yoga Alliance, trainees must have 30 hours of teaching experience in children's yoga. Bent On Learning will place New York City residents in a local school and will work with others to help them fulfill these hours. Online teaching is acceptable.

THE COMMITMENT

Bent On Learning is registered with Yoga Alliance as a 95-hour children's yoga teacher certification program. Our training includes required coursework, assignments, readings and home-based prep work that must be completed in a timely manner, as well as live Zoom sessions. **If you are seeking RCYT Certification, you must complete 100% of requirements and attend all mandatory Zoom sessions fully (arrive on time and stay for the duration).** If you do not complete all requirements, we cannot attest to your hours and will not be able to provide you with a certificate. We cannot make exceptions.

We ask participants to be enthusiastic, eager to learn, a positive member of the group, and committed to completing all activities and assignments. If there are circumstances in which you are not sure you can do this at a given time, we recommend waiting for the next training.

CORE TRAINING: 10+ WEEKS

Below is an outline of the core training by week. The core training consists of weekly online courses, live instructor-led reviews, guest workshops and readings and requires active participation each week. It takes about 10-12 weeks to schedule everything, depending on holidays or other scheduling interruptions. As you read the table below, know that the core training is 10 weeks, but each week may not be able to be scheduled consecutively -- meaning a holiday may create a break between weeks and training will take 12 weeks from start date to end date.

After the core training, trainees work independently to complete the remaining hours at a schedule and pace that works for them.



CORE TRAINING: 10+ WEEKS

WEEK	COURSE / ACTIVITY	TIME COMMITMENT		READINGS **
		SELF-PACED*	LIVE	RECOMMENDED SCHEDULE
WEEK 1	Welcome & Orientation + Instructor-Led Review	3 hrs.	2 hrs.	<i>The Courage to Teach</i> by Parker Palmer
WEEK 2	Role of the Teacher + Instructor-Led Review Guest Workshop(s): TBD ***	3 hrs.	2 hrs. 3-6 hrs.	
WEEK 3	Honoring All Students + Instructor-Led Review Guest Workshop(s): TBD ***	3 hrs.	2 hrs. 3-6 hrs.	
WEEK 4	BOL Yoga for Schools + Instructor-Led Review Guest Workshop(s): TBD ***	3 hrs.	2 hrs. 3-6 hrs.	<i>Other People's Children</i> by Lisa Delpit
WEEK 5	Midpoint Check In (Optional)		1 hr.	
WEEK 5-6	Yoga for Primary Schools + Instructor-Led Review I & II + o Yoga Class Components o Lesson Planning	2 hrs. 2 hrs.	3 hrs. 3 hrs.	
WEEK 7	Yoga for Mid/High Schools + Instructor-Led Review I & II + o Yoga Class Components o Lesson Planning	2 hrs. 2 hrs.	3 hrs. 3 hrs.	<i>Brainstorm</i> by Daniel Siegel
WEEK 8	Book Review: <i>The Courage To Teach</i>	--	1.5 hrs.	
WEEK 9	Book Review: <i>Other People's Children</i> Guest Workshop: Racial Autobiographies II ***	--	1.5 hrs. 2 hrs.	
WEEK 10	Book Review: <i>Brainstorm</i> Final Project: Demo Yoga Classes	--	1.5 hrs. 2 hrs.	

CORE TRAINING: 10+ WEEKS

* **Self-paced hours** are an estimate of the time it takes to complete an online course and assignments. You may finish in more or less time.

*** **Guest Workshops** often occur on Saturdays and Sundays (i.e. 10am-1pm, 1pm-4pm, 2pm-5pm) and depend on the schedule of the guest expert leading each workshop. It's possible for two workshops to occur on the same day or same weekend, hence 3-6 hours listed in the Time Commitment per week. Racial Autobiographies II always happens toward the end of the core training.

NOTE: We will work with each trainee individually to complete the additional practicum hours of observing classrooms and teaching yoga classes to youth.

** **Books may be read at any time** before their scheduled Group Call (see Weeks 8-10). We suggest the reading schedule in the table above for two main reasons:

- 1) The books are sometimes referenced in the online courses; and
- 2) They will help you reflect on who you are or want to be as a children's yoga teacher and what your students may need from you. The readings will better prepare your mindset for teaching in a classroom (and for your demo lesson).

FAQS

Who do I contact if I have questions or need additional information?

Please send an email to training@bentonlearning.org and we will respond as quickly as possible.

How do I access the online courses and Zoom sessions?

Bent On Learning uses the digital training platform, **DreamSeeDo**, for our online training. You will receive the link and registration instructions in a separate email before the launch date.

What if I am unavailable for a live, instructor-led session or guest workshop?

Except for the course, Trauma Sensitive Yoga, all live sessions and workshops will be recorded and available for viewing for a limited number of weeks after their scheduled date.

What if I am unable to complete an online course by its corresponding live review?

Even though the courses are self-paced, one course should be completed each week. We strongly encourage you to make this training a priority and to complete each course BEFORE its live review. However, we understand that life happens and you may fall behind. If you do not complete a course on time, it's best that you attend the live session anyway. It will enhance your experience and the value of the training.

Will I be placed in a New York City school upon completion of this training?

All trainees will be eligible to teach yoga in one of our partner schools and will receive all notifications of open positions. While we do our best to place graduates in our schools, it is not a guarantee.

Is this program approved by the Yoga Alliance?

Yes, Bent On Learning is a Registered Children's Yoga School with Yoga Alliance. Our training provides you with 95-hours towards your Registered Children's Yoga Teacher (RCYT) designation. For more information about RCYT certification, please visit Yoga Alliance website.

Do I need to be a yoga teacher to take this course?

No, this course is designed for anyone interested in applying yoga and mindfulness practices and philosophy to their work with youth. Yoga teachers, schoolteachers, school leaders, parents, guidance counselors, mental health professionals, college and high school students have gone through our training and found it to be valuable to their work and life.

**BENT ON
LEARNING**

