



Starchild Yoga

an education for peace

STARCHILD YOGA TEACHER TRAINING

A 3 part Teacher Training over 2-3 months

Kundalini yoga for children taught with consciousness, precision and joy!

STARCHILD YOGA TEACHER TRAINING is a 50-hour course, which prepares, equips and certifies you to teach children from the ages of 3 to 18. Join us for a 3 part training program that will enable & empower you to teach Kundalini Yoga to children in a creative and inspired way. This course is ideal for parents, teachers & yoga students who have a genuine love for children and a background in yoga.

WHAT MAKES THIS COURSE DIFFERENT TO ANY OTHER COURSES?

It is longer than many! This course is expanded to 50 hrs to allow sufficient time to explore all aspects of yoga for ages from 3 to 18 year olds. The comprehensive nature of this training program, leads the students into their own journey of self discovery as they connect with the teachings of Kundalini yoga themselves. Starchild Yoga draws upon the wealth of the Kundalini yoga tradition to provide a depth of experience through a proven practice.

Fun and Joy is of paramount importance during these yoga sessions but so is the ability to recognise the child on a soul level and deliver them to the teachings in a subtly magical way. This is a course where Kundalini Yoga for Children is taught with consciousness, precision and joy. You will be supported in reflecting and absorbing the transformative nature of the teachings and encouraged to evolve your own personal teaching style during the length of the course.

COURSE INCLUDES THE FOLLOWING TOPICS:

Starchild Yoga Ethos
Kundalini Yoga as taught by Yogi Bhajan
The Role of the Teacher
Starchild Yoga and the Montessori concepts
How to run and manage a class
Yoga Postures for children, meditation and relaxation
Mantra
Building your business

call +44 (0)7710334286

email siriarti@starchildyoga.com visit starchildyoga.com



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TEACHING AGES PER MODULE

Module 1: 3-5 and 6-8

Module 2: 9-11 and 11-13

Module 3: Teenagers

VENUE 2011

ALCHEMY THE CENTRE

Unit 101, Chalk Farm Road, London, NW1 8AH

DATES AND DURATION OF THE COURSE

Module 1, 2 and 3 take place over 2 day weekends

8.30am – 5.30pm (1hr lunch)

16 hours per module

plus 2 hours of course work

2011 DATES:

January 7 - 8

February 4 – 5

March 24 – 25

TWO OPTIONS ON HOW TO ATTEND THE COURSE

1. Module 1 on its own will receive a certificate of attendance on completion of the weekend. This module enables you to become a Yoga Sharer with friends or family but does not certify you to a level of competence needed for instruction or insurance cover. **This option may be chosen with no obligation to continue the course further unless you choose to do so, subject to availability. Please note that if the course is full, only those who have registered for the full course in advance will be assured of a place.**
2. To achieve a certificate of competence and become a Starchild Yoga Instructor you will: attend of Module 1, 2 & 3 in sequence, satisfactorily complete all additional course work requirements and achieve a pass in the final 2 hour exam.

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WHAT DOES IT COST?

£850 (£100 non-refundable deposit to register **plus** £250 per module.)

If OPTION 1 is chosen, only £285 is payable.

If OPTION 2 is chosen, the full amount of £850 must be paid in full by the end of the course.

CERTIFICATION REQUIREMENTS:

OPTION 1 will receive a certificate of attendance for attending Module 1

OPTION 2 will receive a certificate of competence from i-SKY and Starchild Yoga on completion of the following requirements:

1. Full attendance of all three weekends
2. Full payment of course fees
3. Attendance at 6 Kundalini Yoga classes taught by a certified instructor
4. Satisfactory performance in practical sessions
5. Passing grade of 75% on the exam
6. Completion of coursework, including the creation of yoga course curriculum

THE BASICS OF THE COURSE:

Regular Kundalini Yoga and Meditation classes for children throughout the course led by Teacher Trainer

Presentation classes led by students

Lectures, sometimes from visiting teachers

Creative group work

Plenty of fun as well as hard work

Self-development work

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LEAD TEACHER:

- Siri Arti Kaur (UK) is working in affiliation with i-SKY.net and is:
 - KRI certified Level 1 Kundalini Yoga Instructor
 - Working through Level 2 Practitioner
- I-SKY Intern and member of The Aquarian Trainers Academy
 - working towards becoming Kundalini Yoga Teacher Trainer
 - Montessori Diploma
 - Sun Yoga certified
 - Yoga for the Special Child™ certified
 - Mother's Journey (pregnancy Yoga) certified

Siri Arti is raising two of her own star children. She has been working with children in education for more than 20 years and for the last 6 years as a Children's Yoga specialist.

TRAINING MATERIALS:

In registering for the full course, each applicant will receive a Starchild Yoga course manual, a Starchild yoga music and mantra CD and a teaching tool DVD of classes taught by Siri Arti. Please note that only applicants choosing to attend Module 1, 2 & 3 will be issued with these materials.

WHO CAN ATTEND THE COURSE?

You!

This is a 3-part course for parents, teachers, yoga students and anyone who has a genuine love of both children and yoga. If you have no background in yoga, we will work on this together to bring you up to speed or at least start you on the yoga journey.

WHAT TO BRING TO THE COURSE:

- Comfortable clothing
- A blanket/shawl for relaxation
- Notebook and pens
- Imagination and an open mind!

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