



## **Kids Yoga Guide Teacher Training 95 hr Registered Children's Yoga School (RCYS)**

Do you want to be the CHANGE you want to see in the WORLD? It's EASY when you share your passion for Yoga with Kids. Learn how to create more FreedOM in your life, while making a difference for generations to come!

### **In these trainings you will:**

- Receive practical knowledge on how to share yoga with kids, babies, toddlers, tweens/teens and families
- Bring more peace into your life and to children of all ages
- Learn a comprehensive program that reduces stress and changes lives
- Set yourself apart from the crowd of teachers
- Have access to dozens of resources
- Be a part of a growing compassionate community of teachers and leaders

### **PreRequisites (NONE)**

These trainings are great for yoga teachers, preschool and elementary, middle/high school teachers and educators, nannies and anyone who loves working with kids!

**Module 1** is "The 3 Easy Steps to Teaching Kids Yoga" and is our basic training for teach yoga to Kids ages 3 to 10 years. You will get to experience our trainers teach "LIVE" class to kids! A favorite of our graduates.

**Module 2** is "Specialties Training, we cover information on teaching yoga to Babies, Toddlers and Families. Also included in this module is how to run a Kids Yoga business and telling story with yoga and so much more.

**Module 3** is "Tweens/Teen and Partner Yoga". This training will focus on living a yogic lifestyle and bridging the kids yoga with this age group that are transitioning in life.

**Module 4** is "Going Deeper". It includes two, two and half hour workshops breakout sessions on Special Needs and Teaching Mindfulness to the next generations. These can be taken individually or together. They are also a part of module 4 for people who have completed the first 3 modules and have is specifically taken a 200 or more hours of adult yoga teacher training and are registered with Yoga Alliance.

**Kids Yoga Guide Team-**

[Casey@KidsYogaGuide.com](mailto:Casey@KidsYogaGuide.com) or 415 - 475 - YOGA

Visit [www.KidsYogaGuide.com](http://www.KidsYogaGuide.com) and join us for a FREE Kids Yoga Class Online!



# Kids Yoga Guide

Namaste and Play

This training will wrap up all of the previous modules and qualify you for a 95 hour children's yoga certificate from Yoga Alliance. We will review the other 3 modules, review your hours outside of the modules, your lesson plans and finalize all the extra hours needed. Module 4 must be completed within 18 months of starting the Kids Yoga Teacher Training.

**Community Service Project:** In EVERY module you are required (for additional hours outside of training) to help you share what you have learned with others and helps you to get your feet wet and ready to share you passion of yoga with kids of all ages.

**Observations:** After each module, you are required to observe classes if you chose to pursue your 95 hrs, and if you would like to teach for KYG or have us refer you in any way. Details are outlined in the manual you receive at the training.

**Student Teaching:** After you have completed your observations and you would like to teach for us, and/or have us refer you to other kids yoga opportunities you must complete the student teaching hours as outlined in the manual you receive at the training.

### **About your trainer:**

Casey Feicht the creator of Kids Yoga Guide is passionate about teaching kids yoga, training others to teach kids yoga and serving the next generation in living a peaceful and healthy lifestyles. Casey's passion for kids yoga grew out of her love for yoga and for her daughter Gracee. Casey has been teaching yoga to Babies, New Moms, Toddler and Kids and Tweens/Teen for over 10 years. She loves working with other passionate about sharing yoga with kids. She is a pioneer in the industry bringing yoga to the next generation in ways no one else is.

**Kids Yoga Guide is the ONLY 95 hour Registered  
Children's Yoga School in Denver!**

Kids Yoga Guide has its own MindBody Online Registration site for classes. Please go to [www.kidsyogaguide.com/signup](http://www.kidsyogaguide.com/signup) to register for trainings.

Kids Yoga Guide is a business operating within the Mudra Yoga Studios space. In order to be successful this is part of our process.

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**What to bring!** Bring yourself and your kids if they can join us for the FREE Kids Yoga Classes, water, and your own mat if you have one. Otherwise, mats are here for you. Please do not have your kids bring outside toys, electronics or anything that would distract them from learning and playing in Yoga!

**What to expect:** To have fun! Be Open minded! Go with the flow! Listen to your Kids! Let the teacher lead kids and you! Tear/Laughter, anything that goes with kids, do not expect silence, or your kids to be any different than they already are!

**For dates, please refer to our [MindBody Online registration site.](#)**

**Trainings held at Mudra Yoga Studios**

560 S. Holly St, Denver CO 80246 or 1550 S. Pearl St. Denver CO 80210 or a private location in Wheat Ridge. Check dates online upon registering.

**Each module is held 2 to 3 times a year.  
Usually in Winter/Spring and Fall/Winter.**

Thank you for considering our trainings, jump in and bring more joy into your life and the lives of kids everywhere!!!

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**Frequently Asked Questions**

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**How long are the weekend trainings?** They are 18 hours of training conducted over each weekend. The schedule is generally. Fri 7:30-9:30 Sat & Sun 11-7pm (can vary either way by a few hours on Sat/Sun depending on location. We recommend you reserve the whole weekend without other plans to absorb it all!

**Will I receive a certificate for the training?** Yes, you will receive a certificate at the end of the training, and if you do the additional hours for continuing education units you will receive another one once they are completed and confirmed with Kids Yoga Guide.

**Can I use this training as Continuing Education for Yoga Alliance?** Yes, Casey is a 500 hour E-RYT (Experienced Registered Yoga Teacher)

**Do I have to take all the modules?** No, you can take only the module or modules that fits the children's ages that you would like to teach and learn about.

**Do I have to take all the modules in order?** No, you can take them in any order, except module 4. It must be taken after you have taken the other 3, and you may want to have some time between it and the other 3 modules to finish the requirements. Modules 1-3 can be taken close together and are often best that way.

**Are there hours required outside of the weekend modules?** Yes, there are. They take place on weekends, after school, summers, mid morning and on your own time.

Observation hours (O) = 10 (not included during modules; 7 hours must be observing Casey or Sudy)

Student Teaching (ST) hours = 6

Community Service Project hours (CSP) = 6

Reflection hours (R) = 4

**Total = 26 hrs** (All not paid/Seva)

**Will you give me chances to observe/a schedule?** Yes, at the trainings you will receive our current class schedules for studio, schools and extra classes for you to observe, student teach etc.. We will give you suggestions for csp, see below.

**How do I become a 95 Hr Registered Children's Yoga Teacher (RCYT)?**

Have a 200 hr adult yoga teacher training cert and register with Yoga Alliance,

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complete all 4 modules and then submit everything online to become a RCYT. Applicants must submit 30 teaching hours in children's yoga which must be performed after completing a program with a RCYS (Registered Children's Yoga School).

**What is a Community Service Project?** Each module has a community service project requirement. A community service project means writing a proposal for volunteering to teach at least 2 yoga classes to each different age group as specified by each module. For example, the Girls Scouts have a yoga badge. Check out the badge requirements online. Then find a local girl scout troupe and contact them about volunteering to teach, write a proposal to fulfill the yoga badge requirements, and teach the necessary requirements to the girls. When you have completed the class, write up your reflections on how it went.

**Where do I sign up?** Register for trainings at [KidsYogaGuide.com/signup](http://KidsYogaGuide.com/signup). This will take you to a page with our class schedule and a link to register on our MBO site, you will need to sign up for an account and can register yourself there.

**Where are the classes held?** Most are at Mudra Yoga Studios or private location.

**Can I bring my nursing child/toddler to the training.** Yes, AND please do not bring your child for the WHOLE training. If you can have someone bring the child for specific times to nurse and nurture this is great. We are a fun loving group who enjoy kids and want to support you in being with your baby while learning to teach the next generation of yogis.

**What is the cost of the trainings?** Please refer to our registration page for the investment cost. The early bird deadline is two weeks before the trainings, so save by signing up early. *Bundle Pricing with a one time payment for our 95 hr our School is available!*

**Is there a teacher discount?** There is a teacher discount, if you are willing to teach for KYG for 3 months (at least 1 class a week for 12 weeks). This is a weekly requirement of 12 classes (after observations and student teaching hours are complete) and a savings of \$150 (per module). This amount is reimbursed to you once you have completed this requirement per module. Must keep track on a joint spreadsheet with the owner.

**If I train with KYG, does KYG need new teachers?** Yes, we currently have 5-10 teachers on staff as independent contractors (some are seasonal), and we hire from within. We are always looking for great leaders who want to support the growth of the kids yoga world. Because we are the Premier Kids Yoga Business in Denver, we get schools/studios and organizations constantly reaching out to us.

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**Where do you teach, schools, parks, etc?** Check out our website and get on our email newsletter list to find out, we are everywhere. Schools, studios, festivals, parks, you name it, we teach there.

**Can I teach yoga on my own? Teach for an after-school program, etc..**

**Would I be able to do that after taking Module 1?** Yes, you can, although we highly recommend Module 2 which dives into the Business world of teaching kids yoga, as it's very different than adult yoga and just showing up at schools, and we have spent years simplifying the process. We are happy to help and can do additional consulting with you for an additional fee.

**Are there other RCYS in Denver?** Yes, and No! There are a few in Colorado that are registered on Yoga Alliance, and we are the only ones offering ongoing trainings year round, year after year. It's still a new phenomenon!

**What is your cancellation Policy?**

Written requests must be received at least 3 weeks prior to the training, and a refund will be issued minus a \$75 registration fee/processing fee FOR Each Module. Cancellations within 3 weeks of the Teacher Training are non-refundable. Payments from cancellations can be applied to an upcoming Teacher Training and used within 18 months.

Trainee is responsible to pay a \$50 course change fee when re-registering. No refunds will be given within 3 weeks of the start of the training. All cancellations and course transfers must be submitted by email to Casey@KidsYogaGuide.com. If enrollment is low, trainings may be rescheduled and trainee is NOT responsible to pay a \$50 course change fee when re-registering.

If a RCYS (Registered Children's Yoga School) bundle is purchased and trainee does not complete a module(s), then completed modules revert to early bird pricing and refunds for each module refunds are issued minus processing fees stated above. The cancellation policy can be read online here. KYG has the right to modify at any time .<https://kidsyogaguide.com/faqs-video/cancellation-policy/>

**What other questions do you have?**

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