



## FAQs - Yoga4Kids Vocational Training

### **Is the Yoga4Kids Vocational Training accredited and endorsed through International yoga bodies?**

All of the courses offered by Yoga4Kids are endorsed and accredited as this is how yoga standards are protected. Our training courses are run by Suzie Manson who is a Senior Yoga Teacher (SYT) having met her 4000 hours of teaching and training with the Yoga Teachers Fellowship (endorsed through Mani Finger in New York) and with the Yoga Alliance Professionals (endorsed through the United Kingdom). Our Vocational Trainings have met the stringent requirements set by Yoga Alliance Professionals and the Yoga Teachers Fellowship. Our graduates are trained to the highest standard and are eligible to register with Yoga Alliance Professionals and the Yoga Teachers Fellowship in South Africa to maintain this standard and be accredited to teach children's yoga as set by the standards of these International Bodies.

### **What does the training entail?**

The Yoga4Kids Children's Vocational Training is a holistic curriculum aimed at empowering children to be warriors of their own destinies and not victims of circumstance. We aim to promote a confident and happy child who looks within for approval and forms a profound relationship with self. Our curriculums teach emotional, mental, energetic and physical wellbeing. We offer teachers and children an extensive tool box on how to be whole and complete beings. This teaching is formed around finding and manifesting joy on a daily basis as well as how to move from 'flight, fright, freeze' to a place of 'attend and befriend'. There are a plethora of incredible tools to manage state and self-regulate using movement, breath and heartfulness.

### **What is heartfulness?**

*Heartfulness* is a term used to describe the process of falling into the heart. We want children to master the art of moving from a place of ego into a heart-like space. From that space, they become fully creative imaginative beings. Our curriculums will teach you how to teach *heartfulness* to children.

### **What training options are available?**

The Yoga4Kids Vocational Training opportunities include:

- Yoga4Kids Foundation Training (2 Modules with both theoretical & practical training)
- Yoga4Teens Training (1 Module with theoretical & practical training)
- Yoga4ChildrenWithChallenges Vocational Training (pending finalisation)

### **What qualifications do I need to complete the training?**

Your life history (including all you have learnt and accumulated along the way) is your basis for the training. You do not need to be a qualified, adult yoga teacher to take our training. It is a pre-requisite that you have a deep passion for the teachings of yoga and a good knowledge of her disciplines. A consistent, ongoing personal yoga practice is a must as is a deep love for the holistic health and wellbeing of children. If you are a non-yoga teacher and want to be accredited to teach children's yoga, you will need to prove at least 40 hours of your own yoga classes either before, during or after completion of your training with Yoga4Kids.

### **What age do you have to be to participate in the training?**

This is a study for adults of any age – if you have a calling to do this work, you are the right age. Every person is a yogi.

**If you are pregnant, breastfeeding or injured can you still do training?**

Our courses are very active yet practised with gentleness and non-judgment. Please disclose any conditions before hand in your registration form so we can see how we can best accommodate you. If you are nursing a baby under the age of 12 months, you may bring the child to the training.

**What type of yoga is the training based on?**

Our training is Ishta/Hatha based. As Suzie is also trained as a Kundalini yoga teacher, some of these teachings come through in her training.

**Am I able to teach children yoga after completing only Foundation Training Module 1?**

Yes, but only if you are a qualified adult yoga teacher. Once you have completed Module 1 training, you will be asked to complete your practical exam which entails teaching two age-appropriate classes. Should you pass this examination and your homework is completed for Module 1, you will receive your Yoga4Kids Module 1 Certificate. From that, you will be able to teach nationally which is endorsed by the YTFSA.

If you are a non-yoga teacher, you will need to complete the full Yoga4Kids Vocational Training Foundation course (Modules 1 & 2 = 100 training hours) before you can teach.

For both yoga teachers and non-yoga teachers, in order to receive your International Accreditation with the YTFSA and Yoga Alliance Professionals, you will need to complete the full Yoga4Kids Vocational Training Foundation course (Modules 1 & 2 = 100 training hours).

**Is Foundation Training Module 2 compulsory and do I have to complete it immediately after Module 1?**

As per the above, Module 2 is compulsory if you want to be accredited. If you simply want to complete Module 1 to gain greater understanding of how to bring yoga to your own children at home (or in a capacity which does not include teaching children as a vocation) then Module 2 is not compulsory.

Module 2 embraces the holistic teaching of a child and has within its curriculums the success of Yoga4Kids teaching 1000s of children since 2003. Module 2 can be taken at any time after you have completed Module 1. However, it is recommended that you complete it as soon as possible following Module 1 training (no longer than six months past completion of the Module 1 theory).

**When can you embark on the practical components of the Foundation Training and does it have to be done during the week?**

You will be sent a schedule of the practical training opportunities. The initial practical training follows Module 1 theory and the practical training for Module 2 follows that theory. We will assign teachers to guide and help you with your practical training and observations. These teachers will send you a schedule of classes that you are able to observe. Yoga4Kids treats every trainee as a unique person and works with you to ensure that you are able to attend the practical training with relative ease. Practical observations may be done over the weekend if need be.

**Do you have to complete Module 1 & Module 2 in the same city?**

No. The modules can be completed in any city where we offer the training so long as Module 1 is completed first.

**Is there a payment plan available for Module 1 and 2? May I receive a discount?**

If you pay upfront for Modules 1 and 2 (theory and practical) you will receive a discount of R1 000 so the total for the course will be R13 000 (as opposed to R14 000). Otherwise you may pay in the instalments indicated in the Yoga4Kids Vocational Training overview. If you would like to chat to Suzie Manson about an alternate payment plan you may do so.

**Will I be remunerated whilst completing my 26 hours of practical during the Module 2 training?**

If you have passed your practical exam, then yes it is possible. You will be guided on how to price your classes so you can then charge for the 26 hours you are required to log. This would apply to teaching you undertake on your own.

Your other option is to teach under the Yoga4Kids umbrella at the schools/studios where we offer classes. You must commit to one year with us and you will be remunerated as a beginner teacher per class for the year. This will count towards your Advanced Course should you be interested in that additional training.

**What work will I need to do at home over and above the training?**

You will receive a suggested reading list before the training commences as preparation. You will need to complete assigned homework as part of the Module 1 and 2 training. This homework, once submitted, will be assessed as to how well you have understood the content of the trainings.

**Do I need to complete the Foundation Training (Modules 1 & 2) before undertaking any of the other training options?**

Non-yoga teachers must complete Modules 1 and 2 before embarking on any of the other courses. If you are an adult yoga teacher (or you have completed your children's yoga training elsewhere) you may join the advanced or specialty courses at any time.

**What else will I need to teach children yoga?**

You will need a positive and happy sense of self and an ability to teach with joy in your heart. Over and above this, you will require a police clearance certificate, a first aid course and a professional liability insurance policy.

**What age groups will I be able to teach?**

Foundation Training (Module 1 & 2) is for teaching YogaTots (ages 3 – 7) and YogaKids (ages 7 – 12) and Yoga4Teens Training is aimed at youth aged 13 – 17.

**Do you have Yoga4Kids teachers successfully teaching abroad with your certificates?**

Yes. We have a number of teachers who have qualified through our yoga programs teaching successfully in Canada, USA, United Kingdom, Australia and other African countries.

**Do I need Professional Liability Insurance to teach yoga to children?**

Yes, it is strongly advised that you have Professional Liability Insurance to teach children yoga. We will supply details on obtaining such insurance upon request.

**Who do I contact if I need further information or clarification?**

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