

# YOGI BEANS KIDS TRAINING 25-HOURS

The Yogi Beans Kids Yoga Training is a comprehensive, physically engaging, and gratifying three-day travel into the world of kids yoga. Created for all types of adult individuals and organizations, this content-rich program is designed to introduce and develop the body-mind-heart foundations of yoga to kids ages 2 to 10 years old.

Learn more:

[yogibeans.com/trainings](http://yogibeans.com/trainings)

## What Will I Learn?

Trainings are designed for real-world application in homes, yoga studios, classrooms, and beyond. You will gain practical knowledge and teaching tools to create captivating yoga experiences!

- › 250+ novel asanas (poses)
- › 20+ pranayama (breathing exercises)
- › 40+ creative yoga games & activities
- › Guided imagery & meditations
- › Age-appropriate thematic stories
- › Sequencing for kids ages 2 to 10
- › Partner yoga for friends & family
- › Teaching parent & child classes
- › Inversion workshop for kids
- › Restorative practices for kids
- › Introduction to yoga philosophy
- › Disciplinary techniques through yoga
- › Cultivating mindfulness
- › Navigating a kids' yoga business

## What Will I Receive?



### Experience for Everyone

No previous yoga experience is required! All that's needed is a love for working with kids and a passion for yoga.



### Content-Rich Curriculum

Delve into 250+ asanas (poses), pranayama (breathing exercises), mindfulness games, meditations, and yoga philosophy for kids.



### Live Feedback

Live feedback and practice teaching is the foundation of our trainings – we guide you in finding your authentic kids' yoga voice.



### Certification & CE

Yogi Beans is a certified Yoga Alliance Continuing Education Provider® enabling RYT's to apply training hours to Yoga Alliance continuing education units.

We are also a member of The Children's Yoga Teacher Training Collaborative for individuals seeking to obtain a 95-hour RCYT certification through Yoga Alliance.



### Schedule & Timing

25-hour trainings typically span three days (usually Friday through Sunday).

[SCHEDULE](#)

[FAQ](#)

