Yoga & Meditation in the Classroom

COURSE DETAILS
In this course you will learn about the principles of Yoga and how to facilitate yoga and meditation in the classroom. This course includes various Yoga postures and Meditation Techniques.

In this course you will learn to:
• Understand the concepts of Yoga, Meditation & Mindfulness
• Understand the age development of children
• Understand different emotional behaviours by age
• Understand the 4 levels of a child’s being
• Understand the principles of yoga
• Understand affirmations (Mantras) and their purpose
• Understand stress reduction pressures (Mudras) and their purpose
• Understand breathing techniques (Pranayamas) and their purpose
• Facilitate various yoga postures and meditation routines
• Facilitate yoga and awareness games
• Facilitate power yoga and meditation

COURSE OUTLINE
• What is Mindfulness, Meditation and Emotional Intelligence
• Different types of Mindful programs
• The 4 Levels of a Childs Development
• Child Development
• The Principles of Yoga
• Different types of Yoga
• Hatha Yoga (Theory & Practical)
• The Benefits of Breathwork (Theory & Practical)
• The Power of Sound
• The Effects of Pressure Points
• Curriculum Planning and Classroom Integration

OUTCOME
You will be able to facilitate:
• One on One yoga and meditation sessions
• Yoga & Meditation in the Classroom
• School Holiday Yoga Programs
• Group Yoga & Meditation Programs
• Aftercare programs
• Apply Mindful techniques to School Discipline programs
• Manage children with ADD & ADHD
• Manage stress in the classroom
• Introduce relaxed focus in the classroom
• Create unity in the classroom
• Increase the awareness of students
• Create mindful learners and individuals

PRE-REQUISITES
Being computer literate is Required as resources are accessed via our online eLearning website.

WHO SHOULD ATTEND
✓ School Principles
✓ HOD’S & Deputies
✓ Teachers & Educators
✓ Post Graduates
✓ University Deans & Lecturers
✓ Faculty of Humanities
✓ Occupational Therapists
✓ Corporate Social Initiatives
✓ NPO’s & NGO’s
✓ Parents

COURSE DURATION
eLearning Program : 200 hours

QUALIFICATION
NQF Level 5
Yoga & Meditation School Facilitator
SACE CPTD Credits: 15 points

COURSE FEES
eLearning ZAR R2200 | Onsite ZAR R4950
Check dates for onsite courses at UJ or contact us for custom onsite courses

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