

LITTLE FLOWER YOGA TEACHER TRAINING INFORMATION:

Welcome to LFY Teacher Training. Below is some information and a reading list to help you best prepare for your experience. If you have any questions at all, don't hesitate to be in touch with LFY director Jennifer Cohen Harper at jennifer@littlefloweryoga.com.

See you in June!

Jenn

PERSONAL PRACTICE

The heart of your teaching lies in personal practice, and I recommend that you make some time to practice in the time leading up to training. In particular, I recommend participating in a basic beginners yoga class (even if you are an advanced practitioner). Put on your beginners mind, and immerse yourself in the fundamental poses that make up the core of our movement activities for children. If you are new to yoga, please make sure that you are comfortable with a sun salutation, and take a close look at 30 Essential Yoga Poses for Beginning Students and Their Teachers, one of the titles on the recommended reading list.

SUPPLIES

Please bring a notebook and pen to training. You don't need much else, but do dress for yoga every day.

MENTORSHIP

If you are planning to apply for full Yoga Alliance certification, you'll need to complete either our live (in NYC) or online mentorship.

Visit <http://littlefloweryoga.com/programs/teacher-training> for mentorship details and application.

COMMUNITY

We are happy to invite you to participate in the LFY Teachers Facebook group, which is a closed forum for those who have taken LFY training to discuss, question, support, share and celebrate. Click here to request membership: <https://www.facebook.com/groups/LFYteachers/>

ADDITIONAL INFORMATION FOR CERTIFICATION

Below is a required reading list. Please note that full certification requires completion of all required reading, along with reflection papers, and completion of the mentorship program (info about writing assignments will be provided during training).

While not required, It may be helpful if you get started on the required reading in advance. It will make your experience more coherent, and give you the chance to ask questions about the reading.

Required Reading

- Loving Guidelines for Showing a Child All That is Possible, Jennifer Cohen Harper. Read article at <http://www.elephantjournal.com/2011/05/8-loving-guidelines-for-showing-a-child-all-that-is-possible-jennifer-cohen-harper/>
- The Secret Power of Yoga: A Woman's Guide to the Heart and Soul of the Yoga Sutras, Nishala Joy Devi
- 30 Essential Yoga Poses for Beginning Students and Their Teachers, Judith Lasater
- How to Talk so Kids Will Listen and How to Listen So Kids Will Talk: Adele Faber and Elaine Mazlish
- Eastern Body, Western Mind: Anodea Judith (pages 1-45, 443-451 required, entire book recommended)
- The Whole Brain Child: Daniel Siegel and Tina Payne Bryson
- Little Flower Yoga for Kids, A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance: Jennifer Cohen Harper

Recommended Reading

- How to Talk so Kids Will Learn: Adele Faber and Elaine Mazlish
- Yoga Anatomy: Leslie Kaminoff OR The Key Muscles of Hatha Yoga: Ray Long
- The Mindful Child, Susan Kaiser Greenland
- Relax and Renew: Yoga for Stressful Times: Judith Hanson Lacaster
- Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children: Lisa Flynn

*See additional recommended reading in the appendix of Little Flower Yoga for Kids