

LITTLE FLOWER YOGA AND MINDFULNESS TEACHER TRAINING INFORMATION

OMEGA INSTITUTE: JULY 2022

Welcome to Little Flower Yoga and Mindfulness Teacher Training! We are looking forward to being together in the nurturing space of the Omega Institute.

Please take a few moments to review the information in this letter, as it will help you make the most of your training experience, and answer some of the most frequently asked questions about the training and certification process.

What Can I Do To Prepare for Training? At Registration it Said Something about Online Content?

There are no prerequisites to register for this program, but we do have some online content that we ask you to review prior to attending the workshop.

In order to maximize your time on the campus, and make sure we all get some rest and rejuvenation opportunities, some of the training content will be delivered digitally, both before and after the in person intensive.

You will receive approximately three hours of video content to explore in the month before you arrive. We also ask that you attend the livestream event on July 21st (6:00-9:00pm EDT) to open training together. If you are unable to attend live this session will be recorded, but please be sure to review it before the in-person start.

After the training we will share with you some additional online content. This content is included in the cost of your tuition.

If you'd like to do some reading in advance we recommend starting with Jennifer Cohen Harper's book, *Little Flower for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance*.

The very best thing that you can do leading up to training is focus on your own personal practice. 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, consider taking a look at *30 Essential Yoga Poses for Beginning Students and Their Teachers*, one of the titles on our recommended reading list.

We also recommend putting some energy into your personal mindfulness practice. A great way to do this if you don't already have an established practice (or even if you do!) is to join our free [Mindful Mondays](#) program, which will give you simple practices to explore each week.

LITTLE FLOWER YOGA AND MINDFULNESS TEACHER TRAINING INFORMATION

OMEGA INSTITUTE: JULY 2022

What Is the Schedule Like During the Week?

We strive to create a spacious and invigorating experience for you during this weeklong intensive. You can expect a balance of practices, lecture, discussions and group work every day. You can find the full schedule of hours at [Omega Institute](#) website. In addition to our standard hours as a group during the day, we may ask you to do some video viewing and reflection work in the evenings, but we'll keep it short (no more than 30 minutes).

What do I Need to Bring With Me?

Bring an open mind, comfortable clothes that you can move in, a water bottle, and anything you think you might need for learning. Because of covid-19 safety protocols, we are also asking folks to bring their own yoga mat. If you don't have a mat, or can't travel with one, there will be mats available that you can borrow for the week. We'll have props, and training manuals (and maybe a few other surprises :). You will also need something to view your videos on while at Omega so please bring a phone, tablet or computer. You may want to also consider bringing some earbuds or headphones.

What if I have a question at any point of my training experience?

You may reach out to training manager Tricia Stevens at (tricia@littlefloweryoga.com). She will be available to answer your questions and to support you and your training needs throughout your training time.

Do you Offer Support After Training?

Yes! After training you'll be invited to join our closed Facebook group for training graduates, a supportive community that shares ideas frequently. This forum offers optional peer to peer mentorship at no charge.

You may also choose to join the [Little Flower Yoga Teacher Member Program](#), which offers additional content, ongoing support calls, and more.

If you participate in our formal [mentorship program](#), you'll be matched with a senior teacher for one on one coaching.

LITTLE FLOWER YOGA AND MINDFULNESS TEACHER TRAINING INFORMATION

OMEGA INSTITUTE: JULY 2022

How Can I Receive LFY Certification?

Participation in this training will give you skills and tools to teach mindfulness and yoga to children in preschool through high school. You are not required to do anything else at all after training to start putting your knowledge to use with the children and teens in your life.

If you would like to apply for LFY Certification, you'll need to complete several [additional educational components](#):

- Chair Yoga for Children and Teens (6 hour online course)
- Trauma Informed Practices: Resilience, Recovery and Growth (6 hour online course)
- Supporting Special Needs (6 hour online course)
- Curriculum Development (6 hour online course)
- Mentorship Program (online)

You can learn more about obtaining LFY certification at our website: <https://www.littlefloweryoga.com/training/>.

If you have additional questions, please reach out to LFY Training Manager Tricia Stevens at tricia@littlefloweryoga.com

What About Yoga Alliance Registration?

LFY is a Registered Children's Yoga School, which means that completion of our training qualifies participants to register with Yoga Alliance as an RCYT, subject to additional YA requirements. Registration with Yoga Alliance is subject entirely to their policies, and requires having an additional 200 hour teacher training. We suggest reviewing their [requirements](#) directly as they may be subject to change. Those not interested in Yoga Alliance registration are still eligible for Little Flower Yoga Certification.

How Can I Receive Graduate Level Credits for Training?

LFY Trainings are accredited through the University of the Pacific for graduate level credit. The weeklong in-person training is eligible for 3 credits, and full certification is eligible for 6 credits. Payment for these credits is made directly to the University, at the rate of \$62 per credit.

Here is some additional information:

The University of the Pacific is one of the oldest institutions of higher learning in the state of California. The Graduate-Level Professional Development semester credit provided by the

LITTLE FLOWER YOGA AND MINDFULNESS TEACHER TRAINING INFORMATION

OMEGA INSTITUTE: JULY 2022

University of the Pacific is accepted by school districts nationwide. The University of the Pacific is fully accredited with the Western Association of Schools and Colleges.

The credits offered are post-baccalaureate, graded, graduate-level semester credits, provided directly through the University of the Pacific, University College. They are specifically designed to meet the needs of educators for Salary Advancement and Recertification.

The credits are acceptable where local districts approve and applicable to state licensing where authorized. We always encourage teachers to check with their employer for acceptability of these credits. All participants are responsible to determine acceptability of these credits for their intended use.

It is under the discretion of individual universities as to whether or not they will accept some or all of these graduate-level professional development units towards attainment of specialty credentials or masters degrees with them.

Teachers are advised to verify with their school district or state licensing bureau acceptance of such graduate-level professional development semester units/credits prior to registration for unit credit.

At the end of your in-person training we will send you the information and paperwork to apply for credit if you would like to move forward with that option.

I have questions about things like my registration, housing, room requests, CE (credits), finances, special diet needs/requests, directions, campus needs and parking, who do I contact?

Please contact [Omega Institute](#) directly about anything related to your stay on campus. They are incredibly helpful and we encourage you to call them for this support. Phone: (845) 266-4444