

# LITTLE FLOWER YOGA AND MINDFULNESS TEACHER TRAINING INFORMATION

## OMEGA INSTITUTE: SUMMER 2023

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 participate in prior to attending the in-person 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.

- On June 26th we will offer access to our online learning community, where you will be able to connect with faculty and other students, as well as access the online components of your course content.
- You will receive approximately 1.5 hours of content per week for 4 weeks prior to coming together at Omega. If you've registered later than the online start date please don't worry - you can watch this video content at any time and catch up, but please plan to watch the pre-omega content before arriving.
- We also ask that you attend the livestream event on July 27st (7:30-9:00pm 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.

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### **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 offer some video viewing and reflection work in the evenings, but we'll keep it short. There are also opportunities for optional discussion and reflections groups in the evening.

### **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. 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](mailto: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 continue connecting with faculty and graduates within our online learning community.

You may also choose to join the [Little Flower Yoga Coaching 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.

### **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](#):

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- Chair Yoga for Children and Teens (6 hour online course)
- Trauma Informed Practices: Resilience, Recovery and Growth (6 hour online course)
- Supporting Neurodiverse Students (6 hour online course)
- Teaching Practicum (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](mailto: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 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

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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

#### **What is Your Cancellation Policy if I Can't Make it to Omega?**

As this is a hybrid training and significant content is offered prior to the in-person week at Omega, please read the following cancellation policy carefully. If you have any questions please contact LFY training director Tricia Stevens at [tricia@littlefloweryoga.com](mailto:tricia@littlefloweryoga.com).

Tuition is refundable, less Omega's \$55 processing fee, if course is withdrawn from prior to June 30th. After June 30th, participants will have access to significant online content and support. If withdrawal from the in-person workshop becomes necessary after June 30th, tuition payment may be transferred to the online version of the Level 1-Level 3 workshops.