

LITTLE FLOWER YOGA AND MINDFULNESS TEACHER TRAINING INFORMATION

OMEGA INSTITUTE: AUGUST 2-9, 2020

Welcome to Little Flower Yoga and Mindfulness Teacher Training! We're delighted that you'll be joining us at the beautiful Omega Institute, and look forward to meeting you.

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 webinar 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. After the training we will share with you some additional webinars. This content is included in the cost of your tuition. We promise to make web content engaging!

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. In particular, we 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 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.

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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 seven day intensive, and we also have quite a lot of content to cover. You can expect a balance of practices, lecture, discussions and group work every day.

Some days will be long, with optional evening discussion hours, but we'll keep things engaging and promise to give you breaks! We also have worked to create time for you to enjoy the campus, participate in classes, and have time for personal reflection. You can find the full schedule of hours at [Omega Institute](#) website.

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 yoga mats, props, and training manuals (and maybe a few other surprises :).

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 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 seven day 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)

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- 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 (live or online)

You can learn more about obtaining LFY certification at our website: littlefloweryoga.com. 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 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.

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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.

Who Can I Talk to About My Needs While I'm at Training? Things like Food Allergies, Lodging Concerns, Childcare, Etc.?

Please contact [Omega Institute](#) directly about anything related to your stay on campus.

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READING

Below is a list of required and recommended reading. It covers a lot of ground, and these books should be read slowly and thoughtfully. If you are planning to use this training toward LFY Certification, the first section of reading is required, however it may be completed post training.

Required Reading (for Certification)

- Level One-Three Little Flower Yoga Training Manuals
- *Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance*, Jennifer Cohen Harper
- *Best Practices for Yoga in Schools*, Traci Childress and Jennifer Cohen Harper (eds)
- *The Whole-Brain Child*, Daniel Siegel and Tina Payne Bryson
- *Brainstorm: The Power and Purpose of the Teenage Brain*, Daniel Siegel
- What is Yoga Service: A Working Definition, Traci Childress and Jennifer Cohen Harper <https://www.littlefloweryoga.com/blog/what-is-yoga-service-a-working-definition/>

Recommended Reading

- *Teaching Mindfulness Skills to Kids and Teens*, Amy Saltzman and Chris Willard (eds)
- *How to Talk So Kids Will Learn*, Adele Faber and Elaine Mazlish
- *30 Essential Yoga Poses for Beginning Students and Their Teachers*, Judith Lasater
- *The Mindful Child*, Susan Kaiser Greenland
- *The Secret Power of Yoga: A Guide to the Heart and Soul of the Yoga Sutras*, Nischala Joy Devi
- *Relax and Renew: Yoga for Stressful Times*, Judith Hanson Lasater
- *The Way of Mindful Education*, Daniel Rechtschaffen
- *Culturally Responsive Teaching and the Brain: Promoting Authentic Engagement and Rigor Among Culturally and Linguistically Diverse Students*, Zaretta Hammond
- *Building Emotional Intelligence*, Linda Lantieri
- *Yoga Therapy for Children With Autism and Other Special Needs*, Louise Goldberg
- *Yoga and Body Image: 25 Personal Stories About Beauty, Bravery & Loving Your Body*: Melanie Klein and Anna Guest-Jelly
- *The Upside of Stress: Why Stress is Good for You and How to Get Good At It*: Kelly McGonigal