

LITTLE FLOWER YOGA AND MINDFULNESS TEACHER TRAINING INFORMATION

OMEGA INSTITUTE: AUGUST 2-9, 2019

Welcome to Little Flower Yoga and Mindfulness Teacher Training! We're delighted that you'll be joining us this summer 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?

There are no prerequisites for this program, but 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.

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 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 the [Omega Institute website](#).

At Registration it Said Something about Online Content?

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

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and after the August intensive. You will receive approximately three hours of video content to explore in July before you arrive. After the training we will offer several webinars on select topics, some of which you can participate in live or receive as a recording. This content is included in the cost of your tuition. We promise to make web content engaging and interactive!

How Can I Receive Little Flower Yoga 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 hours live or online)
- Trauma Informed Practices: Resilience, Recovery and Growth (6 hours live or online)
- [Mentorship Program](#) (live or online)
- Reading and Writing (reading attached below, writing assignments given at training)

You can learn more about obtaining LFY certification at our website: littlefloweryoga.com or by checking out this short video below. If you have additional questions, please reach out to LFY Training Manager Tricia Stevens at tricia@littlefloweryoga.com



LITTLE FLOWER YOGA AND MINDFULNESS TEACHER TRAINING

BUILDING STRONG INNER RESOURCES
TO HELP EVERY CHILD THRIVE

Understanding Training Options, Certification and Yoga Alliance Registration

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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. Learn more in the above video, and be in touch any time if you have questions.

What do I Need to Bring With Me?

Bring an open mind, comfortable clothes that you can move in, and anything you think you might need for learning. We'll have yoga mats, props, and training manuals, as well as a notebook and maybe a few other things as well (we like presents :).

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. 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 mentorship program, you'll be matched with a senior teacher for one on one coaching.

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

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)
- *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 and 443–451 required, entire book recommended)
- *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 (see appendix of Level Three manual)

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