



Yoga Rocks Kids® K-8 Teacher Training Requirements

To become a Certified Yoga Rocks Kids Teacher (C-YRKT), you must complete Level I and Level II of the Yoga Rocks Kids® K-8 Teacher Training Program. This also provides you with the 100 hours necessary to apply for the 'Specialization in Yoga for Children' Certificate from Yoga Alliance. (Note: An RYT 200 is required in order to receive this certificate.) Our training also qualifies as CEUs for public school teachers.

Our C-YRKT K-8 Teacher Training Program consists of two levels:

K-8 Level I Teacher Training \$499.00

This fundamental, interactive training program includes an overview of the Yoga Rocks Kids® Program developed by Jeannine Smolinsky, M.Ed., E-RYT, during her 10 years of research, practice and teaching of science and yoga to children of all ages and abilities. There are no prerequisites for participation in this K-8 Level I Training.

Completion of K-8 Level I Training is the prerequisite to participate in the Level II Certification and Internship Program to earn the designation of Certified Yoga Rocks Kids Teacher (C-YRKT).

You will be awarded a Yoga Rocks Kids® Level I Certificate of completion for 15 hours of training.

K-8 Level I Includes:

- ★ 3 days of interactive training with Jeannine Smolinsky, M.Ed., E-RYT, creator of Yoga Rocks Kids®
- ★ Level I Teacher Training Manual
- ★ Poses, Games, songs, history, philosophy, and teaching methodology
- ★ Certificate of Level I completion

Level II Certification & Internship Program \$1199.00

While you may take the first part of the program (Level I) and begin teaching yoga to kids immediately, you may want to become a Certified Yoga Rocks Kids Teacher (C-YRKT) by completing the Level II Certification Internship Program, awarding you many benefits.

Once you sign up for Level II, you are considered to be a YRK® Trainee.

This Program requires an application process and interview. This Program takes 5 months to complete and takes place from July – December each year.

Level II Certification Process:

1. You must first go through a period of self-directed home study which includes a comprehensive manual of reading assignments and articles. You must have complete knowledge of The Yoga Rocks Method®, keep your own Yoga Rocks Kids Journal®, develop your own personal practice, and observe six (6) Yoga Rocks Kids® classes, assist in teaching Yoga Rocks Kids® classes and then teach your own classes in your community.
2. The Level II Manual includes poses, child development, poses for kids with Special Needs, age-appropriate techniques and yoga philosophy in addition to applying this knowledge as you prepare to teach 12 classes for kids.
3. All work will be reviewed by your assigned mentor, who will review and evaluate the work, give feedback, and guidance.
4. You have 5 months to complete this training. Program starts in July each year.
5. You will be connected to our growing community of health-minded individuals who desire to create a happier, healthier, and brighter world for our children and ourselves.
6. When completed, the candidate receives a Certification Diploma which recognizes the minimum of 100 hours of training in The Yoga Rocks Method®, (and the 95 hrs required by Yoga Alliance for their “Yoga for Children Specialization” designation,) and successful mastery of the Yoga Rocks Kids® Curriculum and Program.

Level II Internship Process:

1. After you have completed all assignments and reading material and observed the six (6) Yoga Rocks Kids® classes, you will be assigned to a Yoga Rocks Kids® class to assist ten (10) classes.
2. After you have assisted in ten (10) classes, you will then teach twelve (12) classes on your own, guided and supervised by your assigned mentor.
3. Once completed, you will receive the Final Exam and information for Certification.

C-YRKT Benefits include:

- ★ The right to use the Yoga Rocks Kids® copyrighted curriculum, course materials and marketing materials.
- ★ A listing on the Yoga Rocks!® website.
- ★ Access to our online "Teachers Corner" where you will find information that you need to know about teaching and business development with fellow C-YRKTs.
- ★ Discounts on YRK® promotional products including business cards, promotional postcards, posters, apparel and clothing, the YRK Journal® and Yoga Rocks Box®, YRK® Sequence Books, CDs, Continuing Ed seminars, and retreats.
- ★ Eligibility to become a YRK® Mentor and eventually a YRK® Teacher Trainer devoted to spreading the growth of Yoga Rocks Kids® around the world.
- ★ Certification Diploma & Graduation
- ★ Information on how to build your own Yoga Rocks Kids® Program at your school, center, or studio and/or employment at Yoga Rocks!®.
- ★ Signed non-exclusive Limited License Agreement
NOTE: In this agreement, you will find all of the requirements necessary for becoming certified. These requirements include proof of liability insurance, and samples of your use of the Yoga Rocks Kids® name. Annual Fee of \$99 Required which gives you the ability to use the Yoga Rocks Kids® name and affiliation.

Yoga Rocks Kids® Certification signifies:

A commitment to the mission of Yoga Rocks® LLC and to teaching, practicing, and spreading of Yoga Rocks Kids® into the lives of children and families.

A commitment to Yoga Rocks®, Yoga Rocks Kids® and The Yoga Rocks Method® consisting of personal growth work and ongoing training.

A commitment to providing the best quality instruction in using the Yoga Rocks Kids® Program and The Yoga Rocks Method® with children and families.