



CHECKLIST

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This program is offered in 10 ten-hour modules. Students may choose to attend field trips to enhance their training experience in person, or enjoy the same program via interactive webinars. Lessons will be recorded, and make-up days are built into our program. Here is a sample schedule to refer to for your checklist. Webinars will be published monthly.

Techniques, Training, and Practice

- 22 / 20 Contact Hours
- 16.5 / 15 Contact Hours with LT
- 22 / 20 Total TTP Hours

Teaching Methodology

- 16.5 / 15 Contact Hours
- 13.1 / 12 Contact Hours with LT
- 16.5 / 15 Total TM Hours

Anatomy and Physiology

- 11 / 10 Contact Hours
- 11 / 10 Total AP Hours

Yoga Philosophy, Lifestyle, and Ethics

- 13.1 / 12 Contact Hours
- 13.1 / 12 Total YPLE Hours

Practicum

- 19.8 4 / 18 Contact Hours
- 11 / 10 Contact Hours with LT

- 19.8 Total Practicum Hours

- General Background in Children's Yoga

- 13.1/ 12 Contact Hours
- 13.1/ 12 Total Children's Yoga Hours

- Contact Hours

- 95.7 / 87 Contact Hours
- 40.7 / 37 Contact Hours with Lead Trainer

Total Training Hours to petition for graduation. 95.7 / 95 Hours

Students will need to demonstrate mastery of the learning objectives prior to graduation, in addition to their required training hours. We will rely heavily on the required reading to ensure a rich understanding of what it means to offer a trauma-informed class. Upon completion, students will need to present (in person or online) a 55-minute trauma-informed yoga class for their preferred age group.

ONLINE LESSONS VIA WEBINAR RO PODCAST

Students will be required to review all of the material online prior to graduation.

- [Our Program](#)



- [Required Reading](#)



- [Course Overview](#)



- [Standards](#)



- [Yoga Stories](#)



- [Practicum](#)



- [Create a Class](#)



- [Yoga Snippets](#)



- Do's and Don'ts



- Class Guidelines



- Games



PRACTICUM

- PreK-K Practicum



- Grades 1-5 Practicum



- Practicum Grades 6-8



- [Practicum Grades 9-12](#)



- [Graduation Petition](#)



To petition for graduation, students will have a private mentorship session via Zoom with Michelle Rae Sobi to ensure all components of the program have been met. Completion of hours is required, along with demonstrating mastery and submitting all assignments.