



Thank you for joining The Do Good Movement 95 Hour Children's Yoga Certification Training. The 95 Hour Hybrid Children's Yoga Teacher Training has been designed as the next step for educators to bring mindfulness into the classroom creating a more inclusive and calm community. Within the training you will receive all the tools you need to plan and teach fantastic and fun yoga classes. You will dive deeper than ever before creating meaningful classes for children of all ages that impact their health, wellness, and mental wellbeing.

The 95 Hour Children's Yoga Teacher Certification is a hybrid training where we will meet in-person and virtually for the course on a virtual platform called Teachable. Graduation is determined by completion of all in person, virtual and online curriculum as well as the planning and executing of your own children's yoga classes.

Training Dates Virtual & In-Person

Below is the list of dates where we will be meeting virtually and in-person. Please revert to our attendance policy for makeup requirements. If you are unable to attend a virtual or in-person session, you must contact lead trainer, Erin Stevenson at erin.stevenson@thedogoodmovement.com, to schedule makeup work/meetings.

Training Dates Virtual & In-Person

Meeting Date	Time	In Person	Virtual	Expectations/ Virtual Session Completed
Tuesday Jan 14, 2025	7:30pm-8:30pm		x	Q&A
Tuesday, Jan 28, 2025	7:30pm-9:30pm		x	Welcome and Intro: Complete "Welcome" and "Our Journey". Begin "Understanding Children & Yoga"
Tuesday, Feb 11, 2025	7:30pm-9:30pm		x	Complete "Understanding Children & Yoga" and "Whole Brain Child" reading assignment
Tuesday, Feb 25, 2025	7:30pm-9:30pm		x	Begin "8 Limbs of Yoga"
Tuesday, March 11, 2025	7:30pm-9:30pm		x	"Anatomy" and begin "SPED Yoga" & discuss "Putting it all Together"
TBD based on availability of the classes listed below.	TBD	X (TBD)	X	Review all in person & implement Children's Yoga Class based on availability.

Observation Classes/Co-Teaching Opportunities

- January 20: 6–8 PM (Green Hills Library)
- February 4: 6–6:45 PM (Green Hills Library)
- March 6: 6–6:45 PM (Green Hills Library)
- March 31: 12–12:45 PM (Green Hills Library)
- April 12: 10:30 AM–12:30 PM (Green Hills Library)
- April 19: 10 AM–2 PM (Little Red School House)
- May 5: 6–6:45 PM (Green Hills Library)
- May 14: 5–7 PM (Swallow Cliff)
- May 21: 10 AM–2 PM (Little Red School House)
- June 12: 6–6:45 PM (Green Hills Library)
- June 23: 11 AM (Green Hills Library)
- July 8: 10 AM–1 PM (Thatcher Woods)
- July 17: 11 AM–2 PM (Bemis Woods)
- July 21: (Little Red School House)

Additional Costs

In addition to our training together, there are some additional cost for books and workshops that will need to be completed alongside our training. Please reference these below along with a link to purchase. Timeline of completion of these items are identified below under due date.

Assignment	Link	Cost	Details	Due Date
Whole-Brain Child Reading Assignment	Amazon Link	\$15		Monday, October 7th (book to be read by)
Yoga Anatomy	https://costa-yoga.teachable.com/p/anatomy-of-yoga	\$75	14 hrs (2 completion necessary hrs for certification)	Monday, November 11th (2 hr training completed by)
Restorative Teens Yoga Class	https://costa-yoga.teachable.com/p/restorative-yoga-for-teens-and-pre-teens	\$75	14 hrs	Completed when turning in your Final Project

How the program works

The 95 Hour Children's Teacher Training Program is broken up into 9 key parts:

1. Welcome/Our Journey
2. Understanding Children & Yoga
3. 8 Limbs of Yoga
4. Anatomy
5. Children's Adaptive/SPED Yoga
6. Putting it all together
7. Karma Yoga
8. Other Yoga Resources
9. Homework and Resources

Based off the outline from the training dates and virtual meetings, you are expected to have the topic area completed by the meeting date. The on-line curriculum is structured so that if you are unable to go onto the next module until the first one is completed. Quizzes at the end of each module must be completed with a score of 80% or higher to move onto the next section. You have up to 10 times to try to score 80% or above.

Our virtual meetings will be a deeper dive into each topic as well as an open discussion for you to ask questions. Assignments due during the meeting will be reviewed and discussed. We will also use the time to prepare for the next topic that will be completed in the coming weeks.

If you are unable to attend a virtual or in-person meeting, contact lead trainer, Erin Stevenson, as soon as possible to schedule a makeup time.

Homework & Assignments

Throughout the online curriculum there will be discussion questions you are expected to be completed to receive completion for each section. In addition, some sections have additional work to be completed to move forward. These include:

- The Whole-Brain Child reading assignment for section 2
- Yoga Anatomy through Costa Yoga for Section 4
- Yoga Class Observations for Section 5
- Class Outline for Section 5 (Completed by Karma Yoga Class)
- Karma Yoga Written Assignment for Section 6 (Completed as part of final project)

Final Assignment – Karma Yoga

Your final assignment is the completion of four (4) karma yoga classes for children. These classes are at no cost to the public and are held to support children and families in your community. Along with this final assignment, you will turn in your class outline prior to each class for approval. Once class is completed, you will then turn in a 1-page summary to your lead instructor summarizing the experience and any key takeaways.

The first karma yoga class will be taken place as a group on Sunday, December for our last in-person time together. That leaves you with three (3) other classes to be completed (script, teaching the class and 1 page paper) to receive your official graduation certificate. You have one (1) full year from start of our training to complete the classes (January 28, 2026).

If you are unable to come to the in-person meeting in December 8th, you must coordinate with lead instructor, Erin Stevenson, to find a time for her to be present for an in-person or virtual class.

Lead Instructor, Erin Stevenson, will provide you with additional options to host karma yoga classes after December where you can meet the final three (3) class requirements. Information will be provided during the last two classes of training.

Certification and Yoga Alliance Recognition

Once you have completed your 95 Hour Children's Yoga Certification Program you will receive a certificate of completion from The Do Good Movement. To become an OFFICIAL certified Children's Yoga Teacher recognized through Yoga Alliance (<https://www.yogaalliance.org>) you must (1) become a member of Yoga Alliance (2) have completed the 200 HR Yoga Teacher Training and (3) Submit your certificate of completion of the 95 Hour Children's Yoga training.

If you are NOT currently a 200 HR Certified Yoga Teacher you are able to complete your 200 hr training and turn in your 95 Hour Children's Yoga certificate in once the 200 hr is completed to be officially recognized through Yoga Alliance. If you DO NOT wish to complete your 200 hr, you are still certified through The Do Good Movement as completing 95 hours of training for Children's Yoga. You are not seen as a Certified Children's Yoga Instructor through Yoga Alliance until both your 200 Hour and your 95 Hour are completed.

Let's get started

Thank you!

Thank you for believing in The Do Good Movement School and our 95 Hour Yoga Teacher Training.

Thank you for entrusting in us to guide you on this journey.

Thank you for being a leader in supporting the next generations and teaching them the skills to help them be successful children, adults, parents, friends, and just overall humans.

I am excited for you to start this next chapter with you and for you to be a part of making a bigger impact on your local communities and world around us. So let's get this party started!

- Erin Stevenson -

CEO/Founder of The Do Good Movement