

## **200 Hour Adult Teacher Training (RYT)**

### **Name of Provider**

ChildLight Education Company, LLC

PO Box 247

Exeter, NH 03833

<https://childlighteducationcompany.com/>

### **Contact Person**

Sally Delisle, Director of Trainings

[sally@childlightyoga.com](mailto:sally@childlightyoga.com)

### **The goals and objectives of this course/training/program:**

Sequence and instruct a safe, inclusive, and effective alignment-based yoga class.

Understand the relationship between postures, breathing techniques and the autonomic nervous system.

Understand breathing mechanics, the self-regulation benefits and skills to teach breathing techniques effectively.

Knowledge of the lineage of yoga, philosophy, mindfulness, meditation, SEL and ethical guidelines for the practice.

Develop awareness of teaching and learning styles practicing how to incorporate adaptations/modifications with ease and grace for an inclusive class.

Understand the definition of trauma and best teaching practices for supporting mental health and wellness by teaching through a trauma informed lens.

Find new and appropriate ways to use sound and develop an increased knowledge of the Sanskrit language with the option of incorporating chanting and mantra into the practice.

Know how to find support, tools and resources for continuous learning.

### **The types of activities included:**

Lecture, small and large group discussion, and practice

Knowing the what, where and why of yoga and mindfulness

Yoga posture practice, study and variations for accessibility and inclusivity

Breathing techniques practice and practice teach

Philosophy study

Anatomy study

Introductory lessons to encourage future studies to include Yin, prenatal, restorative, Ayurveda, yoga for youth, trauma informed, business

Small group breakout sessions for practice teach, research and brainstorming

Visualization and relaxation techniques

How to safely sequence a class

Practice teaching

**Number of Contact Hours:** 180 + 20 non contact hours