

YOGA TEACHER TRAINING/CERTIFICATION FOR CHILDREN AND TEENS



A Yoga Alliance approved certification course for parents, teachers or anyone who wants to teach yoga to young people.

THE NEXT SESSION KICKS OFF IN JANUARY 2022!

Module/Workshop Calendar 2022
Module 1: Grounding and Centering in Yoga
Module 2: Strengthening and Stretching in Yoga
Module 3: Mindfulness and Meditation in Yoga
Module 4: Self-Regulation and Teaching Methodology
Module 5: Integrating Your Knowledge

In person: Saturdays	Asynchronous: Wednesdays
February 12 th 1 pm – 5 pm	February 16 th 6:30 pm–7:30 pm
March 5 th March 12 th 1 pm – 5 pm	March 9 th March 16 th 6:30 pm–7:30 pm
April 2 nd April 30 th 1 pm – 5 pm	April 6 th April 27 th 6:30 pm–7:30 pm
May 14 th May 21 st 1 pm – 5 pm	May 11 th May 25 th 6:30 pm–7:30 pm
June 4 th 1 pm – 5 pm Practicum TBD	June 1 st 6:30 pm–7:30 pm

*All five modules, mentorship and teaching practicum must be completed for certification.

95 Hour Teacher Hybrid Training Program takes place in New City, New York! This hybrid program will include in-person classes on two Saturday's a month. An hour and a half of pre-recorded asynchronous videos will be released two weeks prior to our Synchronous Wednesday discussions, taking place via Zoom.

In Person classes will be held at



104 Maple Avenue
New City, NY 10956

Let us know you are interested by emailing:

Youngmountainyoga@gmail.com