

## Course information

Title	Introducing Yoga in Primary Schools
Concept by	<u>Robin Desantis</u>
Course URL	<a href="https://www.teacheracademy.eu/course/yoga-for-primary-school-students/">https://www.teacheracademy.eu/course/yoga-for-primary-school-students/</a>
N. of participants	Min. 4- max. 14
Course length	One week (6 days, Monday - Saturday)
Language	English. Other languages may be available upon request
Locations and starting dates	<ul style="list-style-type: none"> <li>• <u>Barcelona</u> - Third Monday of each month</li> <li>• <u>Curaçao</u> - Second and fifth Monday of each month</li> <li>• <u>Florence</u> - Fourth Monday of each month</li> <li>• <u>Novi Sad</u> - First Monday of each month</li> </ul> <p>On request, we can organize this course directly at your school. Discover all the dates at <a href="https://www.teacheracademy.eu/courses-dates/">teacheracademy.eu/courses-dates/</a></p>
Free time activities offered	All courses include at least one city guided tour and one full-day Cultural Activity.
Type of certification awarded	Certificate of Attendance, including a description of the course contents (80% of attendance required); other Certificates may be available upon request
Price	<p>Starting from 480€ *</p> <p>* Our courses are eligible to be completely funded by the <a href="#">Erasmus+ KA1 funds</a> and several other programs.</p>

## Course contents

<b>Description</b>	<p>Developed in ancient India, the practice of yoga has become <b>increasingly popular</b> in Western culture, recognized for its health benefits and important philosophical teachings for our modern world. Yoga is a <b>holistic approach to wellness</b>, adaptable for people of different ages, abilities, backgrounds and religions. Even children can benefit from a consistent yoga practice, whether as a part of their school day or as an after-school activity.</p> <p>Yoga and meditation have <b>proven health benefits</b> – for greater physical, mental and social well-being. Over time, a regular yoga practice can lead to increased energy, flexibility, attention span, and self-esteem. Practicing yoga helps us to liberate and control our emotions, approach daily challenges with confidence, and find renewed appreciation for the environment. Not to mention, yoga and meditation offer children and adults a moment of rest and a break from their busy schedules.</p> <p>Through yoga, children learn values such as gratitude and respect – important teachings for daily life in and out of the classroom. In this course, teachers will learn to integrate yoga, meditation, and mindfulness education into their own curricula, no matter what subject they teach and with no need for former yoga experience.</p>
<b>Learning outcomes</b>	<ul style="list-style-type: none"><li>• Deepen self-awareness;</li><li>• Awaken physical, psychological, and social potential through play and exercise;</li><li>• Stimulate creativity, self-expression, curiosity and intuition;</li><li>• Develop a more loving and respectful relationship with nature and with others;</li><li>• Promote greater attention and achievement in school;</li><li>• Alleviate stress and anxiety.</li></ul>

## Tentative schedule\*

<b>Day 1 – Intro to yoga</b>	<b>Day 2 - Yoga in practice</b>
<ul style="list-style-type: none"><li>• Intro to yoga philosophy and how to explain it to children;</li><li>• Defining yoga terms: yama, nyama, asana, pranayama, pratyahara, dharana, dyana, samadhi, chakra, savasana, namaste;</li><li>• Meditation and mindfulness. Pranayama: breathing exercises.</li></ul>	<ul style="list-style-type: none"><li>• Warm-up exercises;</li><li>• Designating a time and space: the raft;</li><li>• Games for getting to know each other, for greetings, for connection;</li><li>• Learning the asanas: nature theme (seed, tree, flowers, seasons).</li></ul>
<b>Day 3 - Yoga games</b>	<b>Day 4 - Yoga stories</b>
<ul style="list-style-type: none"><li>• Guided meditation exercise;</li><li>• Games for concentration, for building trust, for letting off steam, for calming down;</li><li>• Learning the asanas: animals theme (cat, cow, puppy, lion’s breath, monkey, frog, turtle, birds).</li></ul>	<ul style="list-style-type: none"><li>• Emotional education: yoga stories for children;</li><li>• Games for reviewing poses: yoga cards, yoga freeze tag, yogi says;</li><li>• Activity: yoga for happiness;</li><li>• Teamwork: back-to-back breathwork, trust exercises.</li></ul>
<b>Day 5 - Yoga for classroom management</b>	<b>Day 6 - Course closure &amp; Excursion</b>
<ul style="list-style-type: none"><li>• Activity: yoga for anger management (story of Ganesh);</li><li>• Thematic asanas: choose an emotion, make a sequence according to that emotion (other themes include the four seasons, farmhouse animals, jungle animals, etc.);</li><li>• Participants take turns leading the group in yoga sequences.</li></ul>	<ul style="list-style-type: none"><li>• Course evaluation: round-up of acquired competencies, feedback, and discussion;</li><li>• Awarding of the course Certificate of Attendance;</li><li>• Excursion and other external cultural activities.</li></ul>

\*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer’s discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

## Links and resources

Discover our:

- Self-paced online courses for teachers: [online.teacheracademy.eu](https://online.teacheracademy.eu)
- Online English Courses for Teachers: [online.teacheracademy.eu/tag/english-courses/](https://online.teacheracademy.eu/tag/english-courses/)
- The New 2021-2027 Erasmus+ Programme Made Easy: [online.teacheracademy.eu/course/erasmus-programme-2021-2027/](https://online.teacheracademy.eu/course/erasmus-programme-2021-2027/)
- CELTA Courses for teachers: [teacheracademy.eu/celta/](https://teacheracademy.eu/celta/)

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Academy of Creativity: [eacbarcelona.eu](https://eacbarcelona.eu)

Italian Language School: [europassitalian.com](https://europassitalian.com)

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 [teachertraining@europass.it](mailto:teachertraining@europass.it)

 +39 055 247 9995

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