



Conditioning the Body , Mind & Soul

Basic level teacher training course details and schedule

(TEACHER TRAINING SCHEDULE APRIL 2018)

On completion of the course participants will be eligible to teach kids in pre-primary or EYP at schools under age group 2.5 to 5 years.

- **Pre-requisite for participants:** A yoga school certification or Early Childhood Care (ECC) certification or its equivalent is required.
- **Venue-** 18 A road, Khar West. Baby360 degrees. Cottage number 17B
Sonali Shivlani
- **Dates** -20th 21st 22nd 23rd 24th April 2018
- **Time**-2pm to 5pm with a 15 minutes' tea break.
- **Fees-** Rs 25000/ (Inclusive of all taxes)

Schedule

Date	Topics to be covered
20 th , 21 st , 22 nd	Introduction to yoga. Theory about yoga for kids, designing of course content, application of Braingym and significance of lesson planning.
23 rd	Practical lessons, demo classes, formulation of themes, ideas and discussions.
24 th	Business strategies and economics. Written and practical examination, individual feedback following which Certification of students who pass the examination.

Please Note: Participants will get practical experience at Aseema Bandra as per available slots at their summer camp in April. Dates to be announced.