

MODULE 1: BASICS

1. Student centred focus
2. Strength based practice
 1. Definitions + key components
 2. Boundaries + self care
 3. Equality, marginalization + privilege
3. Trauma Informed Approach
 1. Having a body
 2. Befriending the body (invitation + interoception)
 3. Body as a resource

MODULE 2: YOGA FOR YOUTH

1. Who are your clients and what is their background (you will not know all details)
2. How is Yoga for Youth different from Yoga for Adults? (see Level 1)
3. Youth Development (see L2)
4. Other considerations - socio-economic + cultural background (inclusivity + encouraging diversity - see L2), experience with yoga + going within, neurodiversity/additional/unique needs

MODULE 3: A TRAUMA-INFORMED APPROACH

1. What is Trauma?
2. Types of Trauma
3. Basic Biology of Trauma/ Impact of Trauma on the Body
4. How Does Trauma Show Up/ Present
5. How to Create a Brave Space for Yoga with Youth
6. Tools for Releasing Trauma from the Body (within the scope of Yoga)

MODULE 4: EMPOWERING YOUTH THROUGH YOGA

1. Ethics Review
2. Best Practices Review
3. Tools for Teaching
4. Opening
5. Session
6. Savasana

MODULE 5: FINAL PROJECT

Group project - Students incorporate the concepts they have learned into a teaching experience and receive strategic feedback to help them use the skills in the future.