



GroovyKids® Teacher Training Program

November 22-23, 2019

YogaOm Studio, Dubai, UAE

Day 1, Friday, November 22

9a.m. – 10 a.m.	Opening Lecture “What is Yoga, what does Groovy mean.”	<ul style="list-style-type: none">• Reflections based on 15yrs teaching kids worldwide.• Key #1 of the 7 Keys of a successful kids yoga class.
10a.m. – 1 p.m.	Practice the GroovyKids® Yoga Flow	<ul style="list-style-type: none">• Designed to cover every range of motion in every joint, brain development exercises, breath work, chanting and music• This is direct experience and will require fast dynamic movements.• Adjustments and psychology will be covered.
1p.m. – 2 p.m.	Lunch	
2p.m. – 4 p.m.	Breakdown of the sequence while watching the GroovyKids® Yoga Show	<ul style="list-style-type: none">• A 45-minute live and unedited Kids class that is exactly the sequence practiced.
4p.m. – 5 p.m.	Introductions, games and Keys 2 and 3	

Day 2, Saturday, November 23

9a.m. – 10:30 a.m.	Sequence number 2, six breath techniques	<ul style="list-style-type: none"> • A sequence ideal for kids over 10 and teens
10:30 a.m. – 1 p.m.	Games, discussions, who are we really? The importance of connection to kids, Keys 4 and 5.	<ul style="list-style-type: none"> • Homework is also given here, there are tasks to perform including reading books and watching movies.
1p.m. – 2 p.m.	Lunch	
2p.m. – 3:45 p.m.	More discussion, lecture, Keys 6-7, The 3 ways to define a successful kids yoga class	<ul style="list-style-type: none"> • How to modify the sequence for infinite fun and joy.
3:45p.m. – 4:30 p.m.	GroovyKids® Yoga demo class led by Greville	Participation is encouraged and you can bring your kids!
4:30p.m. – 4:45 p.m.	Breakdown and observation	How did we apply the keys, were we successful according to our model?
4:45p.m. – 5p.m.	What is next, become a Licensed GroovyKids® Yoga Teacher	Photos, etc.