

<b>Course title</b>	<b>Yoga for teachers</b>
<b>Course code</b>	087
<b>Course category</b>	Arts, well-being and culture
<b>Course purpose and overview</b>	<p>The practice of yoga is mainly appreciated for its mental and physical health benefits. It is, in addition, a discipline open to people of all ages and abilities.</p> <p>This course aims to help you familiarise yourself with yoga as a tool for handling stress and improving your physical, mental, and emotional health. The course will be adapted to any level: whether you are a beginner or experienced, this course will be enjoyable for you! It will focus on what yoga can do for you as a teacher. You can learn techniques (such as breathing and stretching exercises) that can be used in your daily life and in the classroom to engage, help focus, relax and energise yourself, your students or colleagues. The same techniques can benefit you directly to prevent burnout and build resilience to external situations. Join this course and you will have the authentic opportunity to discuss this practice openly and exchange ideas about what yoga can do for teachers!</p>
<b>Course structure and content</b>	<p>The "Yoga for Teachers" course follows a balanced and immersive structure, designed to cater to participants of all experience levels. It blends theoretical discussions about yoga and its benefits with practical sessions focused on learning and practicing various yoga poses, breathing exercises, and relaxation techniques. The course emphasizes the application of yoga in the context of teaching, providing teachers with effective strategies to manage stress, engage students, and foster a healthy learning environment. Throughout the course, participants will have ample opportunities to engage in circle time discussions, grounding exercises, and warm-ups, creating a supportive and interactive learning environment. The training incorporates guided practice sessions for seated, supine, and sun and moon salutation postures, along with meditative techniques and visualizations. Each day, participants will build upon their knowledge and skills, culminating in a certificate ceremony to recognize their accomplishments and readiness to integrate yoga into their teaching practice.</p>
<b>Duration</b>	One week
<b>Daily programme example</b>	<p>Here is an example of the programme:</p> <p><i>Day 0</i> (usually Sunday) Arrival date <i>Day 1</i> Welcome and introduction Welcome and ice breaking activities Understanding yoga and how it can be implemented in school BREAK Learning basic postures and practice Cultural and social activities Feedback day 1 <i>Day 2</i> Circle time, grounding and warm up The importance of breathwork (Pranayama) BREAK Learning seated postures and practice <i>Day 3</i> Circle time, grounding and warm up</p>

	<p>The savasana pose and relaxation BREAK Learning supine postures and practice Cultural and social activities <i>Day 4</i> Circle time, grounding and warm up Meditation techniques for school BREAK Learning sun salutation and practice Cultural and social activities <i>Day 5</i> Circle time, grounding and warm up Visualisation in yoga BREAK Learning Moon Salutations and practice Discussion of future cooperation and planning follow-up activities / Brainstorming dissemination ideas Final feedback Validation of learning outcomes and a certification ceremony Cultural and social activities <i>Day 6</i> Full-day trip <i>Day 7</i> Departure date</p> <p>Programme details may be subject to amendment based on trainer, participant needs and other factors such public holidays. Changes might be needed to make up for time lost due to unforeseen or changing circumstances which might be out of the reasonable control of the hosting organisation.</p>
<b>Learning objectives</b>	<p>Understand the principles of yoga, its benefits, and how teachers can apply it for their physical and mental well-being. Learn and practice various yoga poses, breathing exercises, and relaxation techniques that can be used both personally and in the classroom setting. Develop healthy strategies to manage and reduce stress effectively, fostering resilience and preventing burnout. Acquire methods to help students relax, focus, and energize through yoga-based activities and techniques. Explore the potential of yoga as a tool for improving teacher-student interactions and overall well-being in the educational environment.</p>
<b>Learning outcomes</b>	<p>Understand what yoga is, its benefits, and how teachers can benefit from it Learn new yoga poses and understand how to reproduce them at home Develop healthy strategies and prevent the effects of stress Acquire methods and activities to relax and focus, and learn how to share the same techniques with your students Build resilience and learn how to prevent burnout</p>
<b>Assessment and validation of learning outcomes</b>	<p>Participants will be assessed through observation of their yoga practice and techniques during the course. Trainers will also facilitate discussions and activities to gauge participants' understanding and application of yoga principles.</p>
<b>Target audience</b>	<p>Teachers of any subject, educators, and school administrative staff. No prior experience in yoga is necessary</p>

<b>Admission requirements for participants</b>	No specific requirements
<b>Language of delivery</b>	English
<b>Language level requirements for participants</b>	B1 or more
<b>Maximum number of participants</b>	15

Please note that the course outlined is intended as an example only and may not necessarily be fully executed in accordance with all its details. Our need analysis is primarily based on enrolment information, information shared at kick-off meetings, and pre-evaluation of competencies. As such, it is possible that the programme may be adjusted to better accommodate the diverse needs of participants.