

GOGO
Yoga for Kids

THE YOGA RESOURCE FOR CHILDREN



Kids Yoga Lesson Planning: 101



Training Guide

GoGoYogaKids.com

Hello,

I am so glad you're here! I can tell that you are passionate about reaching children through yoga and you are in the right place! If you don't know me, I too have such a heart for kids and yoga. Creating kids yoga lesson plans is one of my favorite things to do. It must be the teacher in me, but I love putting what kids are interested in and tying in yoga poses, games and mindfulness exercises to help teach yoga to children while providing moments that they will remember.

I want to help you be successful, confident, and ready to enrich children's lives through yoga. We can do this together!

Our **Kids Yoga Lesson Planning 101 Training** begins with the heartbeat of kids yoga which is how to plan an engaging and memorable kids yoga class. You can have all the desire in the world to teach yoga to children, but if you don't have a plan in place then there will be opportunities missed and it will not be as impactful for your children.

Throughout our **Kids Yoga Lesson Planning 101 series** I'm going to teach you to put together the 9 critical parts of your kids yoga class. Each part has its own purpose and flow and you will gain ideas, insights, and resources for your overall lesson plan.

New content will be released every two weeks and will be available via videos, blog posts, images, lesson plans, and more. I want to be able to help you no matter what learning style you prefer. You will receive an e-mail from *Go Go Yoga for Kids* keeping you update to date on all of the exciting new resources.

I have wanted to put together a completely free and complementary training for quite awhile and I am thrilled that you will be joining me on this adventure. This training guide will serve as your blueprint so print it out, stay tuned and get ready to learn while having a little bit of fun!

All my best,
Sara

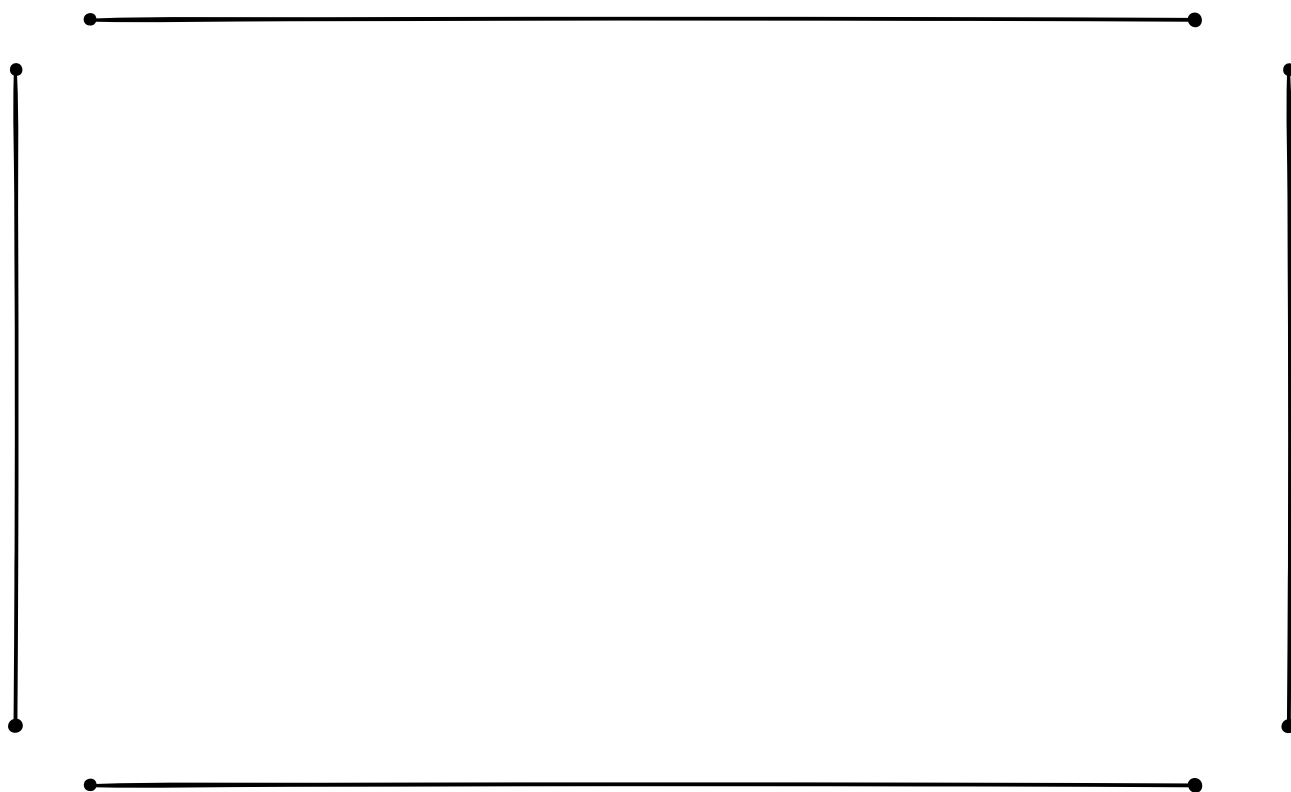


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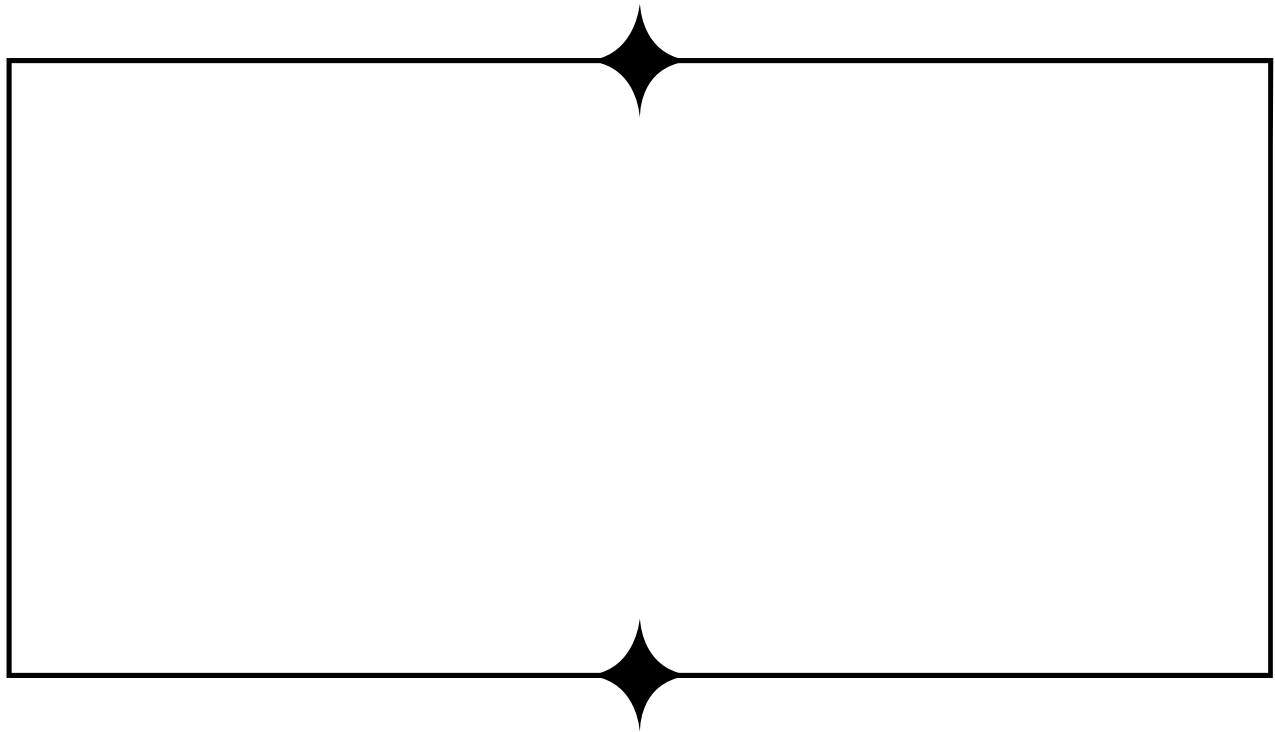
1. The Welcome



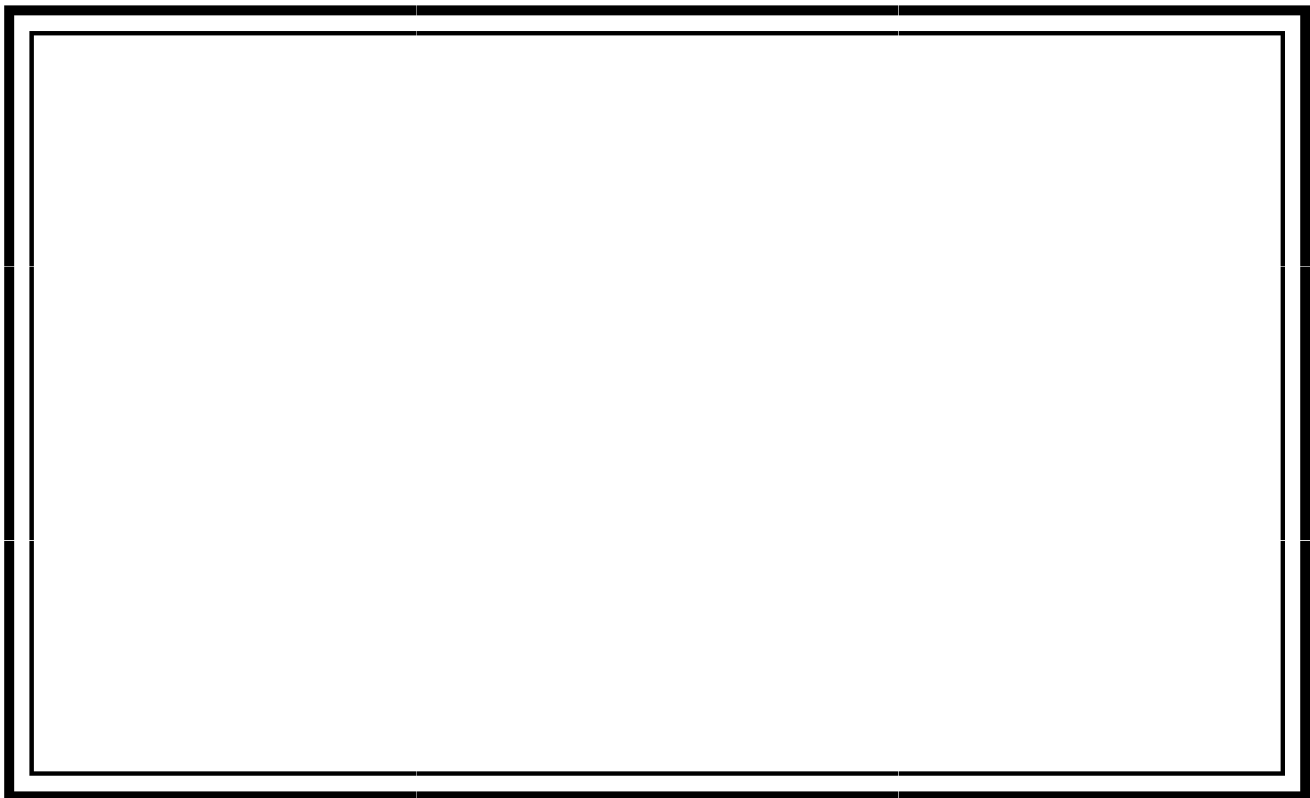
2. Breathing Exercises



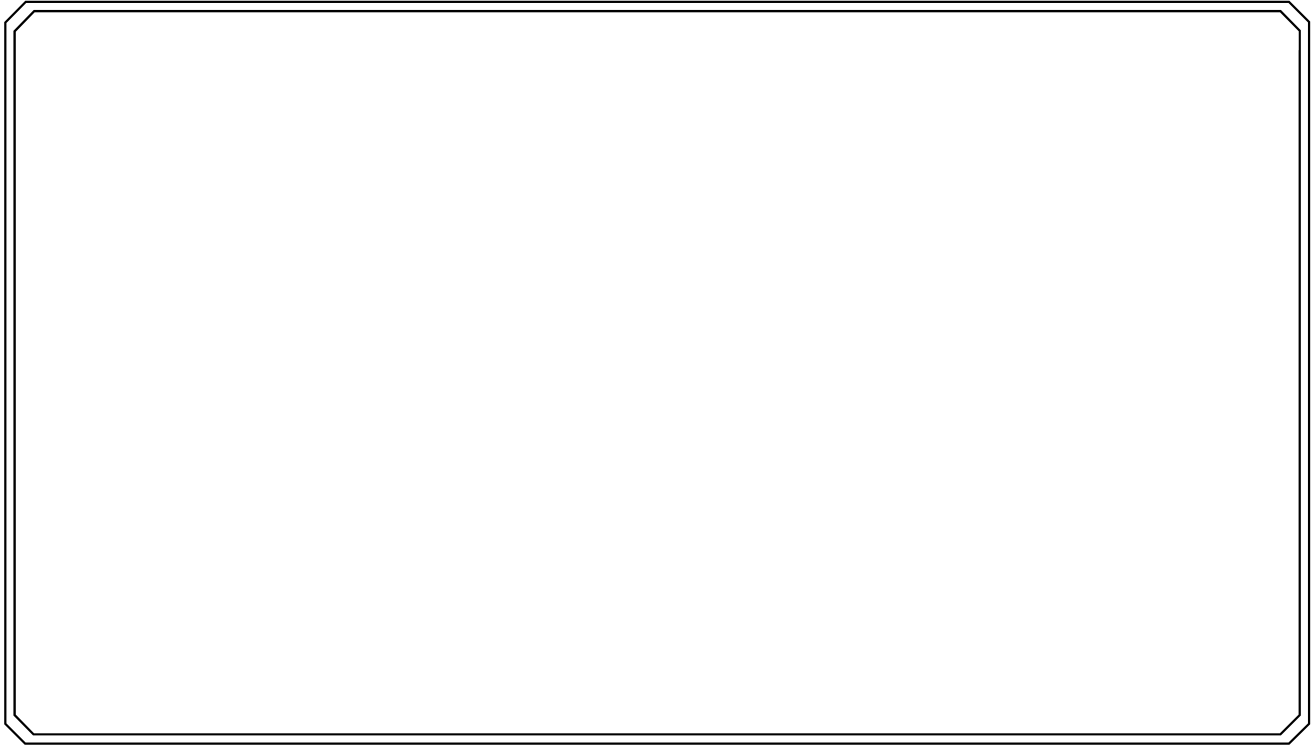
3. Sun Salutations



4. Active Movement



5. Themed Poses



6. Yoga Poses



7. Yoga Challenge



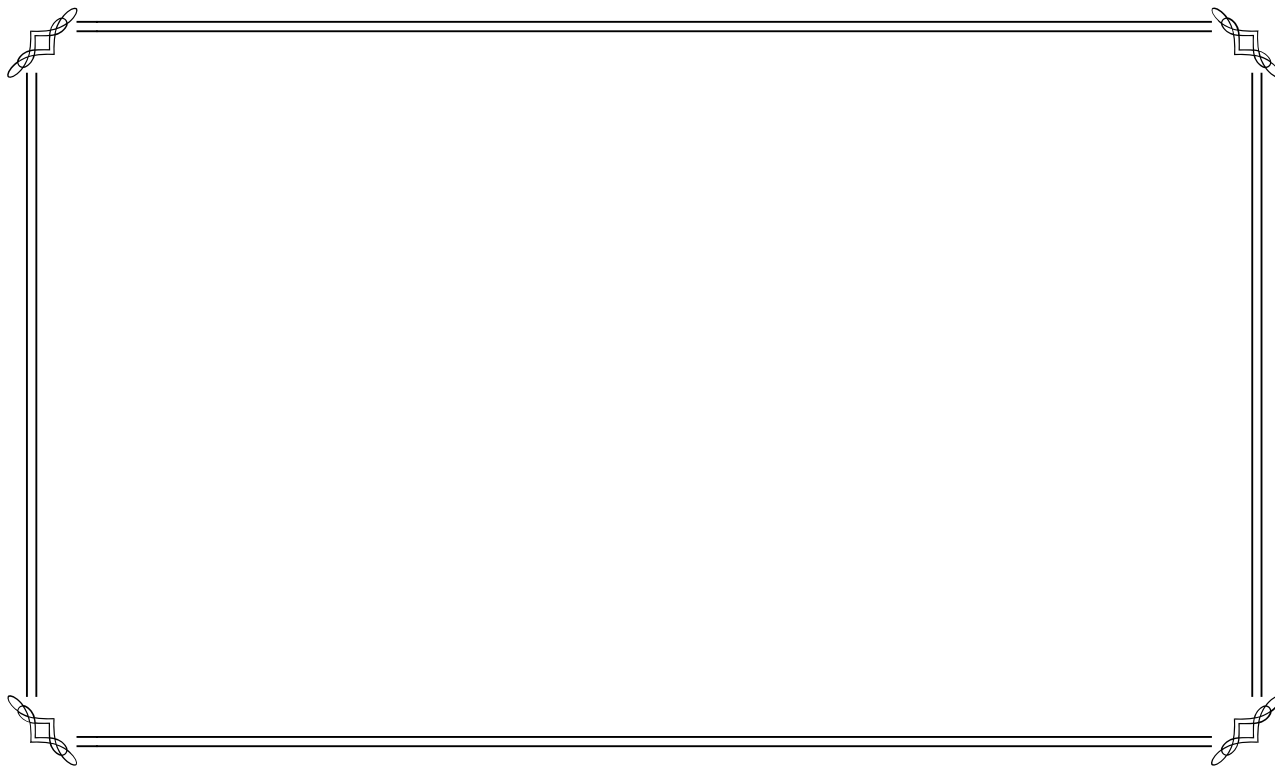
8. Building Community



9. Stillness and Savasana



10. Additional Notes





Lesson Plan Guide

Theme:	
Ages:	
Materials:	
Welcome:	
Sun Salutation:	
Active Movement:	
Theme Poses:	
Game:	
Yoga Challenge:	
Building Community:	

KIDS YOGA LESSON PLAN BUNDLE



- Click on image above to learn more

Everything available in the bundle:

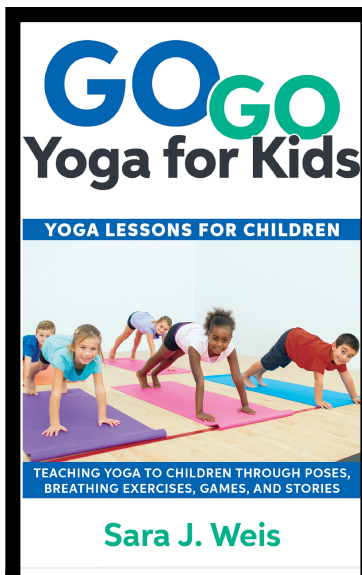
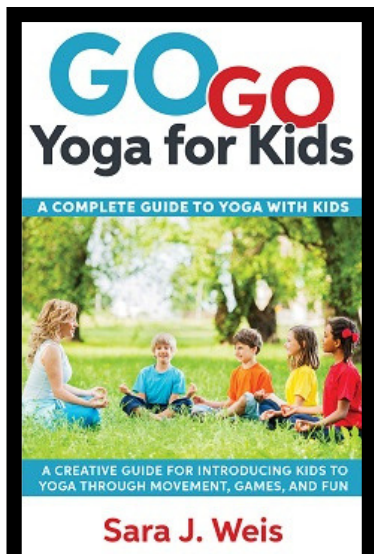
- Yoga for Young Children
- Fun Yoga for Energetic Kids
- Building Confidence in Teens through
- Yoga
- PLUS: Tips for Teaching Yoga to Children

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KIDS YOGA & Mindfulness TEACHER TRAINING

Sara is the bestselling author of the *Go Go Yoga for Kids* books and the creator of the *Kids Yoga Challenge Pose Cards* and The Kids Yoga Challenge App. She has taught thousands of adults all over the world in her online courses including her master class titled the **Kids Yoga & Mindfulness Teacher Training**.
Learn more at GoGoYogaKids.com