

Fact Sheet 4

Yoga for Children – Top Things to Know

Revised August 2017– Please check our website to ensure you are reading the latest revision of this document.

Important Information

1. You need to love children/teens to be able to teach yoga to this group.
2. Working with primary aged children is very different to working with secondary aged teens.
3. If you are not flexible in terms of time, day, venue changes then perhaps don't choose working in the school setting as schools have many priorities that change on a whim due to many variables.
4. Decide if you want to work on your own or in a children's yoga teaching team environment because there are implications for both.
5. Getting school yoga programs is not easy and it takes time sometimes longer than 6-12 months to negotiate a contract.
6. There are many variables for getting a program up and running (whether it's one session, multiple) and sometimes you need to know when to place emphasis in another school/geographic area.
7. Marketing matters – place some valuable time and emphasis on this or get friends, colleagues to help out (or outsource it if resources allow).
8. Relationships matter and they take time to build – be patient.
9. Try and use children's names as it means more to them than you realise (have name tags if possible).
10. Take time to ground yourself before you start your session (breathing, walking or standing mindfully, compassionate self-talk versus harsh critic).