

IYK® WARRIOR TRAINING COURSE SYLLABUS

Yoga Alliance Children's Credential – 95 Hours

It's Yoga Kids® Yoga Alliance Course (IYKYA) certifies you to become a highly qualified children's yoga instructor from birth through adolescence. An adult 200-hour Yoga Alliance certification is recommended, but not required.

The 95-hour course includes:

- Yoga Alliance Children's Credential for teaching yoga to babies, toddlers, kids, teens and families from birth to age 18
- Curriculum with lesson plans, themes and proven sequences
- Expert knowledge about children's anatomy, physiology and sensory integration including trauma-sensitive and neurodiverse instruction
- Themes, poses, games, partner and group poses, breathing exercises and relaxing meditations
- Specific exercises to help kids self-regulate, transition between activities and relieve depression and anxiety
- Principles of yoga off the mat to lay the foundation for a healthy lifestyle

Training Schedule

Total = 95 hours

87 contact hours with Lead Trainer, Michelle Wing

26 practicum hours - observing classes and teaching yoga to children

Warrior 1 at Metta Yoga (or IYK® Online): January 30 to February 1, 2026

Friday, 6-9pm and Saturday & Sunday, 9am-6pm

Warrior 2+3: Live-led online with replays from February 28 to April 30, 2026

Exact schedule upon request. Pacific Time ([time zone converter](#))

- Saturdays: 8:00am to 11:00am
- Tuesdays: 5:00pm to 8:00pm
- Thursdays: 12:00pm to 3:00pm

Total = 20 modules

8 modules in Warrior 1 Essentials + 12 modules in Warrior 3 Yoga Alliance

Two 15-minute breaks each 3 hour session



WARRIOR 1 ESSENTIALS

MODULE 1 Philosophy	MODULE 4 Regulating	MODULE 7 Big Kids
MODULE 2 Foundations	MODULE 5 Off the Mat	MODULE 8 Next Steps
MODULE 3 Warriors	MODULE 6 Littles	CELEBRATE Completion!

Module 1

Introductions + Intentions
Adult v. Kids Yoga
IYK® Purpose + Process

Module 2

Poses for Kids
Standing + Balancing
Seated + Reclining

Module 3

Moving Poses
Games
Activities

Module 4

IYK® Sundance
Mindfulness + Meditation
Songs + Sounds

Module 5

Yamas & Niyamas
Energy Flow
Start to Finish

Module 6

Teaching Tips
Practice: Littles
Feedback + Resources

Module 7

Teaching Tips
Practice: Big Kids
Feedback + Resources

Module 8

Your Kids Yoga Business
Next Steps
Certificates

WARRIOR 3 YOGA ALLIANCE

9 Family Yoga All Ages	10 Baby + Toddler Yoga Newborn to 3 Years	11 Teen Yoga Puberty & Adolescence
12 Mental Health Anxiety + Depression	13 Anatomy & Physiology Energy Centers	14 Nutrition Growing Body / Brain
15 Community Partners + Groups	16 Seasons Holidays	17 Parties Camps
18 Peak Performers Smart Sports	19 Connected Classrooms SEL at School	20 Happy Homes Zen Parenting

Module 9: **Family** Learn our proven method to effectively engage parents and kids at every age.

Module 10: **Baby + Toddler** Learn songs, developmental movement and massage for the first 3 years of life.

Module 11: **Teen Yoga** Understand adolescence to create a safe space for the growing body and mind in community.

Module 12: **Mental Health Matters** Brain Science! Apply the latest research in anxiety, depression and suicide affecting today's youth to create a positive impact.

Module 13: **Anatomy & Physiology** Deepen your safety awareness of the growing body and how to work with Energy Centers - Chakras with kids.

Module 14: **Nutrition & Intuitive Eating** Healthy Eating! A holistic approach with modern science and ancient wisdom that includes Intuitive Eating and lifestyle choices.

Module 15: **Inclusive Communities** Connection! Safe partner and group poses incorporate consent, healthy boundaries and how to teach large scale audiences.

Module 16: **Seasons & Holidays** Fun themes! Learn sequences for Martin Luther King Day, Valentine's Day, Earth Day, Halloween, Thanksgiving and the 4 Seasons.

Module 17: **Parties + Camps** Celebrate a special day with birthday Yoga and construct healthy fun holiday and summer camps.

Module 18: **Peak Performers** Coaches and stage directors protect youth athletes and performers with physical, mental and emotional strength, endurance and agility.

Module 19: **Connected Classrooms** Professional Development for "ready to learn" classrooms that build students' focus, determination and resilience.

Module 20: **Happy Homes** are where the heart is. Zen parents *Go With The Flow* to feel calm, connected and respected and create a harmonious household.