

# Branching Out Certificate

## Overview of Table of Contents from Manuals

Do's and Don'ts for Building Your Classes

Where to Teach Kids Yoga and What to Charge?

- Teaching Yoga in a School
- Teaching Yoga in a Daycare
- Teaching Yoga in Other People's Businesses:  
Yoga Studio/Community Centre/Gymnastics/Dance/Karate/Art etc.
- Volunteering
- Other Classes: Private Classes/Birthday Parties/Yoga in Your Own Home/Other Situations/Yoga Camps
- Renting a Space
- Selling Related Products to Increase Your Income
- Sample Letter to Parents

5 Essentially Free Online Resources to Build Your Business

Advertising: What Works and what is a Waste of Money?

Authentic and Ethical Business Practices

Insurance Resources

Safety in Children's Yoga

Yoga Activities:

Classroom Management Tips

3 Tips for Learning Names

Breathing Ball Activities

6 Ball Games

Partner Yoga and Group Yoga Poses and Games

Creating a Special Yoga Area in Your Home or Classroom

I know an Old Lady Who Swallowed a Fly - Yoga Version

Skip to My Lou -Yoga Version

3 Songs that Most Pre-School Teacher's Know

Scarf Dancing - Song Recommendations, Songs for Teens

Business Card– Active Listening Activity

Teacher Puppet Activity

Hula Hoop Game

Yoga Eggs: Listen and Identify the Contents

Young Yoga Masters

# Branching Out Certificate

Overview of Table of Contents from Manuals

## Sample Lesson Plans:

Adult/Pre-School Child Yoga – 2 Lesson Plans

Family Yoga - 2 Lesson Plans

Teen Yoga – 4 Lesson Plans

Yoga Camps – Sample Lesson Plan

## Mediations and Relaxations

Stroke of Genius Meditation

Body Scan Relaxation Script

Corpse Pose Game: Dead Body

Meaning Mandala Activity

Meditation for Healing Addictions

Meditation: Healing Sounds of Mantra

Meditation for Relief from Stress

Meditation to Become Calm

## Kids Yoga Camp Lesson Planning and Practicum

Kids Camp Sunday 2 – 5 pm

2 – 3 pm – Family Yoga Class with Aruna Teaching

3 – 3:15 pm – Snack/washroom

3:15 – 3:45 pm – Practicum: Yoga Games & Activities Group 1

3:45 – 4:15 pm – Practicum: Yoga Games & Activities Group 2

4:15 – 4:45 pm – Practicum: Yoga Games & Activities Group 3

4:45 – 5 pm – Final Relaxation