

TEACH KIDS YOGA 2 TO 18 YEARS

BECOME A FULLY QUALIFIED

KIDS YOGA, MINDFULNESS & SENSORY PLAY TEACHER TRAINING



PREPARED AND PRESENTED BY

PATRICIA MADDALENA FOUNDER OF WIGGLEBUMS/KIDS AND LEAD TUTOR



THE BEST JOB EVER!

Hello, It's lovely to hear that you are interested in training with us and embarking on a wonderful journey of either expanding your business or setting one up from scratch.

Either way, we can support you in creating, launching, and upscaling your business so that it gives you the freedom and flexibility you and your family deserve.

When I set up WiggleBums my mission was to support and empower families throughout the first few years of a child's life.

As we've grown so has our mission and now we support and empower families from toddlers to teens.

I've been a Therapist for nearly 20 years which has been the driving factor in creating our in-depth science-based trauma-informed Kids' Yoga and Mindfulness Training.

You do not need to be a teacher, a yoga teacher, or even a parent to become an effective children's yoga and mindfulness teacher. You just need to love children and want to make the world a better place.

There are so many benefits of becoming a children's yoga teacher such as:

- Children's mental health is on the decline and you can help remedy that.
- An excellent career path if you are considering a more nourishing and rewarding work-life balance
- You are your own boss! Doesn't get much better than that?

- You get to work with some AMAZING humans BIG and small. You will become part of a global movement in education and health that's making huge strides in helping children develop more self-awareness, focus, empathy, and resilience. Becoming a children's yoga and mindfulness teacher is not just about teaching yoga and meditation to kids, it is about giving them life-changing tools that they can use throughout their lives.
- You will be the change you wish to see in the world and be part of a grass-roots movement that provides a deeper understanding for the next generation, of who we are, why we are here, and what we can do to make the world a better place.

The need is great. We need teachers right now to help the children and their families through these critical times. If you are reading this and you can feel it ignite something deep inside of you, then you already have what it takes. I urge you to feel the fear and do it anyway because your community needs you right now. Find a course that resonates and jump right in. I guarantee it will be the best thing you ever do!

WELCOME TO WIGGLEBUMS!

COURSE AIMS...

This Kids Yoga, Mindfulness and Sensory Play Teacher Training will enable you to teach preschoolers (aged 2-4) and their parents in independent classes or within nursery & preschool environments. Teach primary school children (ages 4-12) within the school, after-school clubs, and independent classes and teens aged 13 to 18 years of age.

You will learn;

- WiggleBums/Kids class templates for each age group and various settings
- Child-centred modified yoga poses for the developing child's body 2-12 & 13-18 years
- Children's Anatomy and Physiology 2-12 & 13-18 years
- Psychological Development and theories of Adolescence
- Children with Additional Needs
- Yoga Philosophy and how this applies to Kids, families, and young adults
- How to teach pranayama and asana 2-12 & 13-18 years
- Mindfulness and Meditation 8 week course
- How to sequence and create a yoga flow for various age groups and settings
- How to design an inclusive lesson plan
- Storytelling
- Sensory Play
- How to establish and run a successful kids' yoga business

After completing this training to a standard of excellence, you will receive two WiggleBums 95 hr Children's Yoga, Mindfulness, and Sensory Play Teacher Certificates 2 - 12 years and 13 - 18 years old.

WHAT'S INVOLVED

This training usually takes people around 12 weeks to complete. But it is entirely up to you how you choose to do it. Some people take longer depending on 'life', but we ask you to complete the course within 12 months. Each module has in-depth course material for you to complete, along with assignments and practice classes making the running time 95hrs per course.

Modules include video tutorials, downloadable manuals, mindfulness activity packs, lesson plans, WiggleBums yoga cards, as well as in-person 1-2-1 check-ins with our lead tutors.

The training days and times are up to you. You can learn at your own pace and repeat tutorials and practices as often as you like.

We are here to support you as and when you need us.

You are invited to attend one of our 'Book Review' online gatherings where we can share the books we have read with other teachers across WiggleBums and LushTums.

You are also invited to our consolidation weekend. This will enable you to meet your teachers and other trainees and consolidate your learning,

These weekends are fabulous not only for our practice but for our soul! They are highly recommended!

We have a WhatsApp group and an online Hub where any question you have are answered almost immediately.



HOW IT WORKS...

The course content is on our online hub and includes;

- WiggleBums Teachers Manuals
- WiggleBums/Kids Yoga Poses 2 - 18 years
- Children's Anatomy & Physiology manuals for both age groups
- History of Yoga & Philosophy manual
- All modules, video tutorials, audio & meditation scripts
- Direct access to lead tutors and invites to live video chat events and 1-2-1's to ask questions and get feedback
- Access to the private group for trainees and teachers
- At the end of the course, you'll submit your final assignments in which your teacher will provide personal feedback on your teaching
- Once completed to a standard of excellence you will receive our WiggleBums/Kids 95 hr certificate
- You will have access to the WiggleBums/Kids Yoga, and Mindfulness training for the life of the course.
- The course and all included materials are accessible anytime and can be accessed across computers and mobile devices using our APP.

COURSE OVERVIEW 2 - 18 YEARS

You will gain access to both of the WiggleBums Kids yoga courses, the 2-12years, and the Teens Teacher Training. Both courses are jam-packed with in-depth science-based video tutorials, a yoga poses library and manuals.

Module 1:

In this module, we introduce ourselves and take a look at the course schedule including the introduction to WiggleBums, the format, and the various settings you can teach.

Module 2:

Child's anatomy and physiology 2- 12 years & 13 -18 years

Module 3:

Library of Yoga Poses 2-12 & 13 -18 years

Module 4:

Yoga Flow & Storytelling. How to sequence and create a yoga flow for various ages and abilities

Module 5:

Over 70 Mindfulness Activities and Resources

Module 6:

Breathing techniques for self-regulation

Module 7:

Sensory play and resources

Module 8:

Guiding Meditations + Meditation Scripts

Module 9:

Meditation & Mantra

You will learn our unique meditation that quite literally rewires the brain building a positive growth mindset from the inside out.

Module 10:

Children with Additional Needs & Behavioural Difficulties such as Downs Syndrome, ADHD, and Autism.

In this module, we explore the various needs of children with additional needs and how yoga, mindfulness, and meditation can help day-to-day.

Module 11:

WiggleBums Core Beliefs

Module 12:

Yoga Philosophy

An exploration into the yoga philosophies for a modern world and how this informs our classes and how you teach.

Module 13:

Mindfulness for Kids

Module 14:

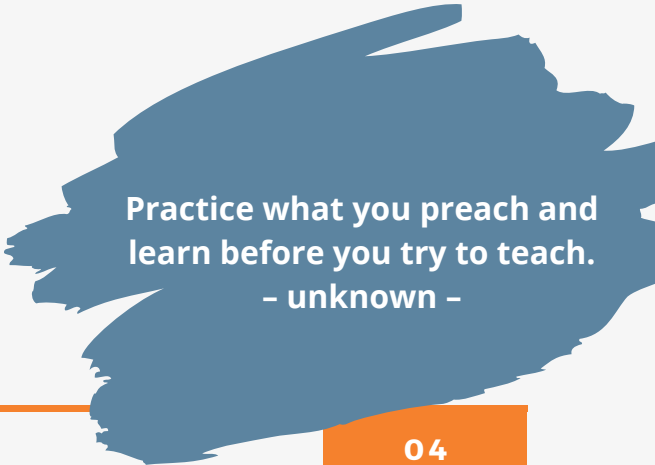
The Class Plan

Module 15:

Class Structure for Different Ages and Environments. Delivering a full WiggleBums class - How to adapt your class for various ages and locations - Nursery, Schools, Independent, online classes & birthday parties

Module 16:

We pull everything together and go through your assignments & practice classes



**Practice what you preach and
learn before you try to teach.
- unknown -**

TEACHING TRAINING MODULES

These in-depth modules are a complete 'train the trainers' package designed to help you become the best teacher you possibly can.

Jam-packed with lots of insights so you can shortcut years of 'learning on the job' to be able to facilitate inclusive, fun and engaging classes.

Module 1: Mastering the Program

Module 2: Safe Practice

Module 3: Informing Participants

Module 4: Venue/Room Hire

Module 5: Resources + Materials Needed

Module 6: New Family/School Forms/Email Template

Module 7: Teaching from the Heart

Module 8: Guiding Meditations

Module 9: 454 Business Beliefs

Module 10: Launch Your Kid's Yoga Business

Module 11: The Marketing Template

Module 12: Marketing to Schools Made Easy

Module 13: The Biz Bootcamp

"You're part of a family so there's that safety net and you're not out there alone.

I highly recommend the training!"



MINDFULNESS & MEDITATION

This eight-week Mindfulness & Meditation course is unique and underpins all of our training here at WiggleBums.

Designed to provide you with the opportunity to grow in self-awareness and cultivate a sustainable mindfulness practice of your own, in your everyday life.

It devotes a lot of time to the scientific areas behind mindfulness, and answers questions such as why mindfulness works, what happens during meditation, why it helps to become aware of judgments, and unveiling the evidence for the effectiveness of mindfulness.

The underlining motives and processes behind mindfulness are explained and explored, creating the balance between science and practice, which is what makes this training highly effective.

Each week you will experience meditations and explore the 8 pillars of mindfulness. Over this time there will be ample opportunities to integrate this into your daily life.



Mindfulness is a lot more than a strategy to manage difficult situations. It is a way to cultivate a more balanced relationship with oneself in relation to life.

It entails many different facets but by choosing one specific element of mindfulness to study and practice every week, I hope that over time you will experience an in-depth understanding of the real nature of mindfulness.

I hope you enjoy this course as much as I do and will actively use the tools, techniques, and useful insights as a way to embody a more mindful way of life.

Over the eight weeks we will explore in depth;

- Attention and the Now
- Automatic patterns and reactivity
- Judgment
- Acceptance and conflict
- Goals and the future
- Compassion
- The Ego - identity
- Integration - How to integrate mindfulness
- Bespoke weekly meditations
- Mindful homework

OUR MISSION

WiggleBums aims to provide a complete approach to raising children by safely supporting families and schools throughout the first few vital years of a young person's life and beyond.

We recognize that every child and their family is unique, and understand that the range of opinions and attitudes towards parenting and raising children is varied. And so we offer that very needed extra layer of support empowering and enabling our families and schools to consciously shape and encourage our next generation.

Through our classes, children, families, and schools learn key life skills that are missing from our day-to-day lives. As soon as we start to apply them off the mat, the connections we make, the relationships we form, blossom.

Each layer, each WB's element has its roots not only in traditional yoga practices and philosophy but also in child psychological development and mindfulness.

WIGGLEBUMS UNIQUE METHOD

Following a familiar format each week and exploring different themes, each class includes warm-ups, yoga poses, storytelling, mindfulness and sensory play with music from around the world so that children will;

- Develop their language and social skills
- Build their strength and flexibility
- Provide them with emotional regulation tools
- Increase their body awareness, balance, and coordination

Going beyond regular children's activity classes, WiggleBums helps parents and carers connect with their role as guides and mentors. Through music, movement mindfulness, and play, these classes promote healthy ways to talk, listen and be with our children, and support and guide them in their emotional and mental development.

We recognize how formative these early years are and the impact they can have on our adult lives. WiggleBums embodies the approach of connection and not control and welcomes all students to become more confident and self-aware.

They say it takes a village to raise a child, WiggleBums is our modern-day approach to helping create the community, security, and love that the traditional village or extended family would have provided.





WHAT HAPPENS IN A WIGGLEBUMS CLASS?

Sensory play and mindfulness games are a huge part of our classes. We use a range of resources to spark the children's imagination and encourage them to move, and be aware of their bodies and the space they are in.

Adults, including teachers, are actively encouraged to participate throughout, creating the space for some laughter and play, and deepening the connection with the children and themselves.

As a trained WiggleBums/Kids teacher, with your expertise in the use of clean language and behaviour, you will be able to see and gently encourage the bond to grow between the child and parent/teacher which will allow the children's strengths and talents to flourish, giving them space to safely express and be seen in the world, building their self-esteem from the inside out.

It's so much fun the children tend to bring the practice back into their own homes, sharing it with the rest of the family. That's got to be a good thing!

Nearly 1 in 10 children aged 5 to 16 affected by a mental health problem



WIGGLEKIDS

WiggleKids is structured within Key Stage 1 & 2 and focuses on specific yoga poses that are modified for the developing child's body, promoting balance and building strength;

We use an extensive range of mindfulness games and self-regulation techniques providing them with easy-to-use tools that they can use every day enabling them to feel more confident in what they do and who they are; as well as stimulating a natural curiosity in their own health and well-being.

Children are forming beliefs, judgements and opinions from gestation to the age of 7 and then reinforce them through experience. They will already have a map of their world that they reference and make decisions from, albeit limited and may already have a very negative view of themselves and their place in this world.

WiggleKids aims to create a safe space for each child to just 'be' without labels or any preconceived ideas or judgements. It's from this place that they will be able to take root and grow into the magnificent beings we know them to be.

Remember, the reality is simply a point of view, so through our unique method of Meditation and Mantra we can help children change their perception of themselves and their abilities, reinforcing the good in each and every child.

The primary cause of unhappiness is
never the situation
but your thoughts about it."

- Eckhart Tolle -

Teen Yoga Training



We aim to provide tweens & teens with nourishing and inspiring classes and workshops to help them feel calm and balanced. To teach them awareness and mindfulness practices that can be helpful as they navigate their teen years. This is all especially important right now as this age group has been very affected over the last few years.

Our syllabus is detailed and comprehensive. Essentially, the course can be broken down into these main sections:

- **How to teach pranayama and asana**
- **8-week Mindfulness & Meditation course**
- **Psychological development 12 - 18 years**
- **Physical, Mental & Emotional development 12 - 18 years**
- **Understanding the process of how belief structures and identity are created and how they can be rewritten**
- **Understanding yoga, its history and philosophy, and how this applies to young adults**
- **Learn how to teach, and hold space for each teen. Guiding them through specific yoga practices including movements, breath work, mindfulness, and meditation.**
- **Class Plans**
- **Meditation Scripts**
- **Mindfulness Activities**
- **NLP and EFT for Teens**
- **Behavioural Management**
- **How to Launch a Successful Teen Yoga Business**

Nearly 1 in 10 children aged 5 to 16 affected by a mental health problem

CHILDREN WITH ADDITIONAL NEEDS

Our classes have been carefully crafted so they are beneficial and safe for all children including those with emotional and behavioural difficulties EBD, children with additional needs such as Downs Syndrome & Cerebral Palsy,

You will be teaching in a variety of settings and so you will meet children with many different kinds of needs.

This in-depth module explores the various needs of children and how yoga, mindfulness and meditation can help day to day.

We look at what these labels mean, where they come from and how to help lessen the symptoms.

All children with additional needs will experience varying levels of stress and anxiety day-to-day so providing them with some tools that can help them is key.

All of these sensory integration techniques such as yoga, mindfulness, meditation and breathing exercises will give them some precious skills they need to navigate life just that little bit easier.

- EBD
- ADHD
- ADD
- Dyslexia
- Dyspraxia
- Downs Syndrome
- Cerebral Palsy
- Autism Spectrum
- Asperger Syndrome

EXPLORING THE SENSES

As well as exploring sleep deficit and how that can affect children and their behaviour we also uncover the lesser well-known extra 3 senses and how we can activate and strengthen our perception of them.

- Vestibular
- Proprioception
- Interoception

These systems play a huge part in building a deep understanding and an awareness of self and other.



MEET THE FACULTY

PATRICIA MADDALENA is an NLP Master, Trainer, Integration Therapist, and Mindfulness Teacher who studies neuroscience, metaphysics, and human psychology. A Teacher and the host for the international platform IAUSM and best-selling Amazon author in the U.S.A and the U.K. She has written and developed this course with her sister Clare, combining their expertise to bring you thorough and comprehensive training in yoga and mindfulness. Mum of three, she applies the tools she teaches in her own family, witnessing the profound effect it has on their emotional, mental, and physical health and well-being. She specializes in the laws of the mind and the biology of belief and how we can positively influence ourselves and others.



CLARE MADDALENA has been teaching yoga since 2003 and specialised in pregnancy and postnatal yoga in 2007 after the birth of her first baby. She has personally taught over 5000 women and LushTums as a whole has taught over 56000! (Probably way more now!) Clare is a doula and mother of two. She set up LushTums in 2013 and co-founded WiggleBums in 2017.

LISA HALL is Dance Voice trained and has been working with and developing movement and dance for pre-schoolers for over 10 years. We are excited to be able to have her as one of our team to share her expertise in sensory play for Under 5's.

TRACY DERRETT is a WiggleBums/Kids Yoga and Mindfulness Teacher. Tracy has over 9 years of experience as a primary school teacher and specialises in teaching children with Additional Learning Needs, Emotional and Behavioural Difficulties. Tracy believes that yoga and mindfulness are key tools that can be used to help children connect back to their physical and emotional bodies. It can provide them with a vehicle to navigate big, sometimes huge, emotions and events in their young lives.

TONI ROBERTS is a specialist in yoga history & philosophy and also yoga for mental health and counselling. She delivers a fascinating module on Post Natal Depression (PND) and Post Traumatic Stress Disorder (PTSD) and how traditional yoga practices can have a profound and positive effect on modern-day families. Toni takes you on a journey through the foundations of traditional aspects of yoga practices.



FAQ

Tuition cost of WiggleBums 2-12 years - £1200 now £900

Tuition cost of WiggleBums 13-18 years - £1200 now £900

Tuition cost of WiggleBums 2-18 years - £13500

The Business Package - £600 now £300

WHAT FORMAT IS IT?

This is a digital product with full live support from the teaching faculty. You access all the tutorials from the Training Hub. You can access the package straight from your computer or phone as we have our own teaching APP, all you need to do is log in.

WHAT IF I HAVE A QUESTION ABOUT THIS COURSE?

Email trish.maddalena@wigglebums.uk

FAQ

WHAT YOU PUT IN YOU GET OUT



FAQ

WHAT CAN I DO WITH THIS PACKAGE?

You can train with us and use our brand to launch your new business or you can use your own brand and have the wiggleBums stamp of approval. You can use the complete WiggleBums/Kids format to launch your classes in schools, nurseries and independent classes, online and out in the real world.

WHAT CAN'T I DO WITH THIS PACKAGE?

You cannot publish the materials publicly (online or offline) or resell the package as it is. For example, creating your own yoga teacher's training course from these templates and offering it under your brand is not allowed.

To register or book in for a discovery video call

trish.maddalena@wigglebums.uk