



REVOLUTION YOGA INSTITUTE
FOR YOGA STUDIES

AVAILABLE ON DEMAND

KIDS YOGA TEACHER TRAINING

heart-centered education

INFO PACKET • 2026

ONLINE • SELF-PACED • ON DEMAND

SUPPORTING THE NEXT GENERATION

Children today are growing up in increasingly fast-paced and overstimulating environments.

A playful and heart-centered exploration of yoga, mindfulness, movement, creativity, emotional intelligence, and conscious support for children and families.

Kids yoga offers tools that may help support emotional regulation, mindfulness, confidence, creativity, coordination, stress reduction, self-awareness, healthy movement, and social connection.

Through storytelling, imagination, movement, breathwork, mindfulness, music, games, and relaxation practices, **yoga becomes a powerful way for children to connect more deeply with themselves and the world around them.**



If every child learned mindfulness, breath, and self-awareness early in life, the world would look very different.

FORMAT

ON DEMAND • SELF-PACED

CERTIFICATION

KIDS YOGA TEACHER CERTIFICATION

TUITION

\$247 • ONLINE

ACCESS

LIFETIME ACCESS

CONTINUING ED

YOGA ALLIANCE CE FOR RYT5

FUTURE FORMAT

IN-PERSON MAY BE OFFERED

FIVE PATHS INTO THE WORK

No prior experience teaching children is required. The training focuses on creating engaging, safe, mindful, and developmentally supportive experiences.

i.

YOGA TEACHERS

Teachers interested in bringing yoga and mindfulness to children and families.

ii.

EDUCATORS

Teachers, school staff, and child development professionals interested in mindfulness and movement-based learning.

iii.

PARENTS + CAREGIVERS

Individuals wanting to support children through movement, mindfulness, creativity, and emotional awareness.

iv.

THERAPISTS + WELLNESS PROS

OTs, counselors, social workers, and wellness practitioners seeking additional tools for supporting children.

v.

COMMUNITY LEADERS

Those offering conscious movement and mindfulness experiences within schools, camps, community centers, and wellness spaces.

Playful and substantial in equal measure.



WHAT YOU WILL STUDY

Ten integrated modules, designed to be playful and substantial in equal measure.

01

FOUNDATIONS OF KIDS YOGA

How yoga and mindfulness can support healthy child development emotionally, physically, socially, and energetically.

03

CREATIVE MOVEMENT + PLAY

Imagination, storytelling, games, music, props, and playful sequencing for engaging, developmentally appropriate experiences.

05

MINDFULNESS + MEDITATION FOR CHILDREN

Age-appropriate mindfulness, concentration, visualization, and relaxation practices for children and families.

07

KIDS YOGA SEQUENCING

How to structure classes that balance movement, imagination, focus, grounding, relaxation, and engagement.

09

FAMILY YOGA + COMMUNITY BUILDING

Creating meaningful shared experiences for children, caregivers, schools, and communities.

02

CHILD DEVELOPMENT + AGE GROUPS

Understanding developmental stages and how to adapt classes for each age.

TODDLERS • YOUNG KIDS • TWEENS • TEENS • FAMILY

04

BREATHWORK + EMOTIONAL REGULATION

Accessible breathing techniques and mindfulness tools that help children develop self-awareness, focus, and emotional regulation.

06

TRAUMA-AWARE + INCLUSIVE TEACHING

Creating emotionally safe, inclusive, compassionate, supportive environments for children of diverse backgrounds.

08

CLASSROOM MANAGEMENT + GROUP FACILITATION

Tools for leading groups of children with clarity, creativity, confidence, and emotional awareness.

10

TEACHING METHODOLOGY

Voice, pacing, engagement, storytelling, atmosphere, energetic awareness, and creating developmentally supportive environments.

BEYOND ENTERTAINMENT

Kids yoga is often misunderstood as simply keeping children busy or entertained. Our approach is much deeper.

This training explores how yoga and mindfulness may support emotional intelligence, nervous system regulation, confidence, empathy, creativity, self-awareness, and healthy social connection.

The emphasis is not on perfection or performance. It is on helping children develop tools for navigating life with greater awareness, confidence, compassion, and connection.

CURIOSITY

PATIENCE

PLAYFULNESS

MINDFULNESS

EMOTIONAL SENSITIVITY

RESPECT FOR EACH CHILD

PLAYFUL STRUCTURE

ON-DEMAND LEARNING

LEARN AT YOUR OWN PACE

Move through the material with flexibility and integration. Revisit material as often as needed while gradually building confidence in teaching children and families.



RECORDED LECTURES

each module at your pace

CLASS DEMONSTRATIONS

real kids yoga classes in action

SEQUENCING GUIDANCE

templates for every age group

MINDFULNESS EXERCISES

age-appropriate tools to teach

GAMES + ACTIVITIES

the full library to draw from

DOWNLOADABLES

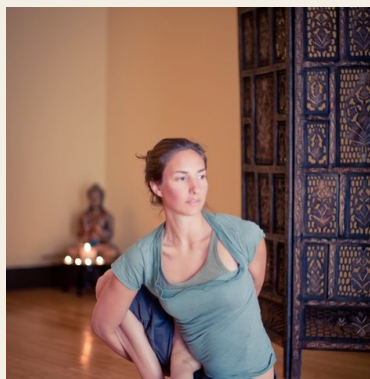
manuals, scripts, story prompts

SELF-STUDY

reflection + integration prompts

TEACHERS WHO LIVE IT

Revolution Yoga's teacher trainings are guided by founder and director Amanda DiGiovanna, lead teacher trainer at Revolution Yoga, whose own study spans yoga, philosophy, and Ayurveda.



LEAD TEACHER TRAINER

AMANDA DIGIOVANNA

Founder / Director · Revolution Yoga

Amanda began her personal yoga practice over 28 years ago. She holds a BA in Psychology from the University at Albany, graduated Sonic Yoga's 200-Hour Vinyasa Teacher Certification in 2007, and in 2009 Revolution was born. She weaves yoga, philosophy, and Ayurveda, yoga's sister science, into her teaching.

- Kids Yoga Training, Om Sweet Om (Gail Grossman)
- Bachelor of Arts in Psychology, University at Albany
- 500-Hour YTT, Sadhana Yoga (Sondra Loring + Raghunath Cappel)
- 200-Hour Vinyasa Teacher Certification, Sonic Yoga (2007)
- Ayurvedic Health Consultant, studied under Naina Mairbali

STUDENT EXPERIENCES • IN THEIR OWN WORDS

“

This training completely changed how I connect with children. I'm a school counselor and I now use these tools every day.

GRADUATE • KIDS YTT, 2024

“

I learned how mindfulness and play can work together beautifully. Not one or the other. Both.

GRADUATE • KIDS YTT, 2025

INVESTING IN YOUR PATH

\$247

*Online · Self-Paced
Lifetime access*

FORMAT

ON DEMAND · SELF-PACED

Self-guided online, from anywhere.

START

SAME DAY YOU ENROLL

Begin the same day you enroll.

ACCESS

LIFETIME ACCESS

Lifetime access to all modules and updates. Your pace, no deadline.

01

ENROLL ONLINE

Enroll at shop.revolutionyogaspaces.com/products/kids-yoga-teacher-training-online.

02

CHECK YOUR EMAIL

Access details arrive by email right after purchase.

03

LEARN IN GOOGLE CLASSROOM

Self-paced in Google Classroom. Includes modules, demonstrations, manual, guided practices, scripts, and downloadable resources.

04

YOUR CERTIFICATION

Kids Yoga Teacher Certification on completion. Yoga Alliance CE credits available for current RYT's. In-person trainings may be offered in the future; join the interest list.



07 • ENROLL + CONTACT

HELP CHILDREN DEVELOP TOOLS

An invitation to help children develop confidence, creativity, emotional awareness, mindfulness, and connection through yoga and conscious play.

ON-DEMAND ENROLLMENT

**ENROLL TODAY -
BEGIN TODAY**

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products/kids-yoga-teacher-training-online](https://shop.revolutionyogospace.com/products/kids-yoga-teacher-training-online)

EMAIL

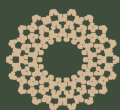
revolutionyoga@gmail.com

CALL

516.619.6421

HOW ACCESS WORKS

Self-paced in Google Classroom. Access details arrive by email right after purchase.



Revolution Yoga Institute for Yoga Studies · Rockville Centre, NY