



WELLBEING BEES

Children's Yoga Teacher Training Course

Written Assignments - Module 1

1. What is yoga? Why do you practice? (min 500 words)
2. In your own words, please explain why it is important to teach yoga to children (min 750 words)
3. List the 8 Limbs of Yoga, how would you explain them to children and what types of activities could you use to explore each limb?
4. Expand your discussion on the Yamas and Niyamas, how could you translate these restraints and observances to children? Can you think of any stories or personal life lessons that include the Yamas and Niyamas ?
5. Ongoing assignment- Keep a Yamas and Niyamas Journal for 4 weeks- Observe when you honour these restraints and observances during your daily life. How does it make you feel when you follow/don't follow them?

Namaste!

