

RCYT Requirements

In order to complete the Yoga Alliance requirements for your 95 hour RCYT Certificate follow this checklist.



- Teaching Kids Yoga Level 1
- Teaching Kids Yoga Level 2
- Yoga for Preschoolers and Special Needs
- Teaching Teens Yoga
- Teen Interview – Talk with a teen to discover concerns, experiences of today's teens – submit impressions to donna@yogainmyschool.com
- Book Report – Read a book re: child/teen development, psychology, kids yoga, communication – 1 pg submitted to donna@yogainmyschool.com
- Practicum Hours
 - Observing – 2 hours
 - Teaching – 5.5 hours

Once you have completed the check list submit all documents and copies of certificates via email to donna@yogainmyschool.com. You will then be issued your final RCYT Certificate.

Send a copy of your RCYT Certificate to Yoga Alliance and be sure to Review Yoga In My School on Yoga Alliance.

Graduates of YIMS RCYS receive:

- Full kids yoga certification from Yoga Alliance
- One year FREE membership to Yoga In My School Teacher's Lounge
- Ongoing support and answers to questions



Thank you for participating in our training program and workshops. Your dedication to excellence, love of children and joy in sharing the benefits of this practice in creative, engaging ways is inspirational. It is an honor to walk this path with you.