

## testimonials

"Diana's ability to relate to children is refreshing. Her teaching techniques are not only motivational, but also empowering to students. I have witnessed my own children encouraged and inspired after training sessions with her."

*Laura Buehler, mother of 3*

"When my son was 10 years old, I started bringing him to Yoga 1 with Sound/Vibration Healing and Meditation. My anxious son soon found his groove in the class and enjoyed the singing bowls. He would describe the feeling of the singing bowls as a wave rushing over him. He felt as though his worries washed away and he felt lighter. Today our children are faced with stressors and busy schedules. By introducing my son to yoga and meditation, I feel I have equipped him with tools he can use throughout his life. When he starts getting anxious, he now simply takes deep breaths and uses visualization to calm himself down. He also enjoys listening to singing bowls on evenings he has trouble winding down. I highly recommend the practice of yoga and meditation to all, regardless of age."

*Joy Ermie, mother of 3*



"You are far more than just your body; however, your body is the most important tool you have to express who you really are and to live your dreams. In caring for your body you must also take care of all that you are—your essence—to truly live a healthy life."

—Diana M. Spiess, Owner

## About Diana

- 500-hour E-RYT (Registered Yoga Teacher) with Yoga Alliance
  - E-RYS Essence of Yoga to Certify Yoga Teachers
  - RPYT (Prenatal) and RCYT (Children)
- Certified Medical Exercise Specialist (CMES)
- 4 Ace (American Council on Exercise) Certifications including Group Fitness Instructor and Personal Trainer
- IIA Certified Clinical and Therapeutic Aromatherapist
- Certified Sound Therapy Practitioner
- IIN Certified Health Coach
- Board Certified Holistic Psychology Master
- Full Stott Pilates Certification, Level II
- TRX Suspension Trainer Certified Instructor/Trainer
- Johnny G. Star 3 Certified Spinning Instructor
- Licensed Spiritual Healer
- 26 years in the fitness/wellness industry
- Managed one of the largest fitness departments in the Toledo area for over 3 years
- University of Toledo Bachelors of Science in Health and Wellness

Diana has experience with a multitude of individuals including:

- Children of all ages, including many adolescents
- Elite and non-competitive athletes of all sports
- Individuals with disabilities
- Pre- and post-therapy patients of all kinds
- Pre- and post-surgical patients
- Pre- and post-natal clients
- Seniors and Elderly individuals

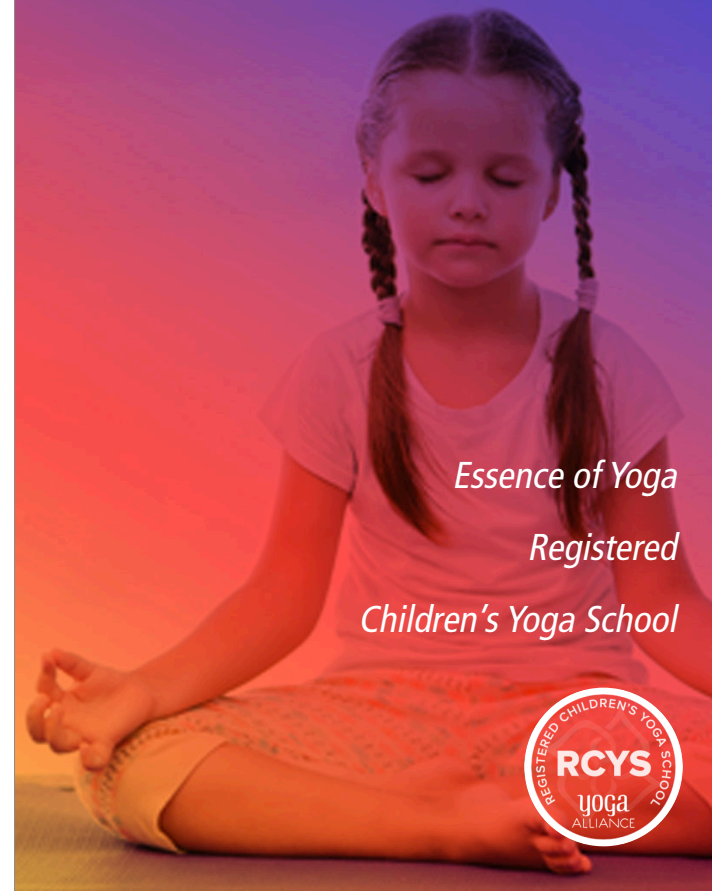
For more information about Diana Spiess' education and her extensive experience in helping clients, please visit her website at [dianaspiess.com](http://dianaspiess.com).



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learn how to teach  
 the next generation how to  
 find their own

# essence



Essence of Yoga  
 Registered  
 Children's Yoga School



*The Essence of Yoga Teacher Training Program is a Registered Children's Yoga School in accordance with Yoga Alliance's Standards for Children's Yoga Teacher Training. This training teaches instructors how to deliver safe and inspiring yoga classes to kids aged from 3 to 15 years old. This training is not only for yoga teachers, but also for school teachers, parents, or anyone working with children. Topics for Essence of Yoga's RCYS teacher trainings follow Yoga Alliance's Educational Categories and Standards.*

## 1. General Background in the Specialty Area 12 Hours

Includes the study and understanding of all childhood developmental stages from age 2-15 and how the issues of each stage impact what is appropriate for teaching them. All five of Yoga Alliance's Educational Categories are to address the specifics of appropriate developmental application for each age group. Also includes the understanding of the yoga teacher's relationships with parents/guardians and developmental specialists and basic communication skills for conducting those relationships.



## 2. Techniques, Training and Practice 20 Hours

Includes yoga-based practices appropriate for child development, such as asanas, asana-based movement, yoga-based games and activities, breathing techniques and chanting.

## 3. Teaching Methodology 15 Hours

Includes knowledge of classroom techniques, lesson plans and group processing for children's activities. Age-appropriate teaching skills for yoga class techniques (including how to phrase age-appropriate questions to a child) and effective communication skills (such as songs and stories) for working with children.

## 4. Anatomy and Physiology 10 Hours

Anatomy and physiology related specifically to changes during child development and their application to yoga techniques (see Techniques category above). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.). Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energetic anatomy and physiology (chakras, nadis, etc.).

## 5. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers 12 Hours

Includes basic yoga precepts as they relate to children and to teaching Yoga to children (e.g., the Yamas and Niyamas). Awareness of ethical behavior and state and local legal requirements as related to behavior with and supervision of children. Specific training in parameters and techniques of ethical touch with regard to teaching children. Basics of ethical language and behavior, both when parents or guardians are present and when they are not.



## 6. Practicum 18 Hours

Practicum hours are divided between hours spent observing a specialty class and hours spent teaching a specialty class. A portion of each type of hours need to be with the Lead Trainer(s).

### Observing, Contact Hours 6 hours

*4 hours of these must be with Lead Trainer(s).*

These hours must be spent observing another teacher lead a children's yoga class.

### Teaching, Contact Hours 12 hours

*6 hours of these must be with Lead Trainer(s) and 4 of these 6 hours must as the lead teacher*

These hours must be spent teaching a children's yoga class.

## 7. Elective Hours 8 Hours

Elective hours to be distributed among Educational Categories according to the school's chosen emphasis (may be Contact or Non-Contact Hours).

## 8. Total Hours 100 Hours

includes contact and non-contact hours.