

# Dru Kids & Teens course information 2017



## Thank you for your interest in DKT—Dru post graduate training

The Dru Kids & Teens Teacher Training course (DKT) is designed to inspire, inform and ignite a passion to work with children and teenagers from a Dru perspective. It will expand your teaching repertoire, opening the way for new niche business opportunities, adding another string to your bow. DKT gives you a wonderful toolbox to dip into for the young generation helping to make a real difference in the world.

*You are the bows from which your children as living arrows are sent forth. Khalil Gibran*

## Course structure

DKT is a 4-day teacher training course leading to a Dru post graduate certification. To be eligible for the DKT teacher training you need to be a DYT graduate or have passed your DYT interim assessment.

## Course content

The DKT course covers the following content, graded for 3 age groups from age 3 through to 17:

- > management of different age groups
- > components of a Dru class
- > ideas for class content—stories to tell, games to play, pranayama made fun, meditation made easy
- > EBRs adapted for the 3 different age groups
- > partner work and massages, with respect and kindness
- > songs, journeys and themes
- > creative ways for self exploration through a yoga obstacle course
- > body awareness, wellbeing and philosophy
- > establishing classes and working with education systems
- > a comprehensive list of resources
- > practical teaching experience

## Course tutors

The course will be led by Suzanna Thell, Mouli MacKenzie and Frani Wilde.

**Suzanna**, an early childhood educator, has been teaching yoga to young people of all ages over the past 12 years. She brings a wealth of experience and knowledge from developing and teaching kids yoga programs within a successful business model. Suzanna has published her first children's yoga story, titled *Deer-lightful*, based on Dru's EBR 1 sequence.

**Mouli**, International Dru senior tutor, is a creative yoga teacher and brilliant book designer, co-creating with Suzanna the jam-packed DKT manual and *Deer-lightful*. She has experience leading family yoga days for the young and the young at heart and brings her effervescent, joyful, energy to the DKT course.

**Frani**, International Dru senior tutor, has taught children of all ages in family yoga workshops and in regular kids classes. She brings a wealth of knowledge about what the body is capable of doing developmentally at different stages and how to teach anatomy to children/teens.



## Where and when

The venue is Michael Centre, Melbourne Rudolf Steiner Seminar, in the Movement Room.  
37a Wellington Park Drive, Warranwood, VIC 3134.

The course will run from Friday June 9<sup>th</sup> to Monday June 12<sup>th</sup> 2017  
Training is from 9am to 5.30pm on Thurs, Fri, Sat and 9am to 4pm on Sunday.

Registration is at 8.30 am Friday morning.

## Course fees

\$890

The course fees include tuition, morning and afternoon teas and your full colour DKT manual.

## To book and make payment for the course

Deposit \$190 to be paid online when you book through Dru website:

Remainder \$700—please pay by Monday 15<sup>th</sup> May through the Dru office 02 6161 1462.

Payment can be made by EFT, cheque or credit card.

Places are limited so don't delay.

## Accommodation

The Melbourne Steiner School is in a residential zone about a 50 minute drive from Melbourne airport. If you're coming from interstate and would like some one to talk with about accommodation, please call the lovely Amy Barber on 0417 121 179, or email [amyjoybarber@gmail.com](mailto:amyjoybarber@gmail.com) for assistance.

**Be prepared for lots of laughter, inspiration, yoga play, creative expression and fun! 😊**

**This course really helped me channel my inner child to teach my outer adult about life. I can't wait to let this inner child out while helping the young people in our world keep theirs.** Dahna, public servant & yoga teacher

**If you are thinking of teaching Dru Yoga for children this course is a must. The manual is worth it alone.** Lynnette, motivational speaker & yoga teacher

**Fun, informative, supportive and inspiring! It reactivated my passion and drive for working with kids.** Frances, community development officer