

RADIANT CHILD YOGA IMMERSION

LEVELS 1-3

with RCY Founder and Master Teacher,
Shakta Kaur Khalsa
E-RYT 500, AMS Montessori, IKYTA Teacher Trainer
www.childrensyoga.com

Edmonton, Alberta, CA

June 3-6 2010

COURSE CONTENT.....

For working with children.....

- Guidelines for teaching children of all ages from babies to teens
- Yoga songs and games that children love
- Exploring a variety of meditation practices
- Brain-balancing yoga and Brain Gym skills
- Yoga in Motion movements, games, and dances that children love.
- Practical tips to keep class focused and engaged
- Using yoga sets with children
- Time to collaborate with others to create a unique yoga presentation
- Practical tools for every situation that arises
- Setting up children's yoga business/classes
- Yoga for ADD, Autism, SPD
- Adapting yoga for schools
- Development of children's energy field and chakras
- Yogic teachings about children, including the four phases of a child's life.

For you as their teacher/parent:

- Powerful yoga and meditation practice to become fully present to yourself and your children.
- Practice conscious communication skills, such as Deep Listening and Engaging Cooperation
- Time for sharing knowledge and networking with others
- Tips for staying centered no matter what!

TUITION....

\$855 Canadian, \$775 USD

Includes materials, retail value \$220 USD. *Registration deadline April 30, no refunds after May 18. Payment plans available.*

COURSE LOCATION...

Yoga Within
9014-75 St.
T6C 2H4
Edmonton, AB
www.yogawithin.ca

COURSE HOURS... (30 TOTAL)

Thursday, 1 pm – 6 pm
Friday, 8:30 am – 6:30 pm
Saturday, 8:30 am – 6:30 pm
Sunday, 8:00 am – 1:00 pm

QUESTIONS/TO REGISTER....

Email info@3HOyoga.com or call 780-457-6639

Questions for Shakta?
info@childrensyoga.com
www.childrensyoga.com

GOOD TO KNOW...

▶▶ *RCYP 1-3 is the first step in moving forward with either the RYT 95 or 200 hour teacher training recognized by Yoga Alliance for specialty in children's yoga.*

▶▶ *Has been recognized for CECs with public schools, therapy organizations, and Yoga Alliance.*

▶▶ *Is approximately 50% lecture, 50% practice.*

▶▶ *For all levels, including beginners*

▶▶ *Is serious fun!!*

