

# 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](http://www.childrensyoga.com)

**Schoolhouse Yoga**

**Pittsburgh PA**

**March 5-8 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....

**\$820 by Feb. 20, \$880 after.**

Includes \$155 for materials. Payment plans available. Paypal available online at [www.schoolhouseyoga.com](http://www.schoolhouseyoga.com)

### COURSE LOCATION...

Strip District, 2401 Smallman Street  
Pittsburgh, PA 15222

### COURSE HOURS... (30 TOTAL)

Friday, 1 pm – 6 pm

Saturday, 8:30 am – 6:30 pm

Sunday, 8:30 am – 6:30 pm

Monday, 8:00 am – 1:00 pm

### QUESTIONS/TO REGISTER....

Questions for Shakta:

[info@childrensyoga.com](mailto:info@childrensyoga.com)

Questions for Schoolhouse Yoga:

[info@schoolhouseyoga.com](mailto:info@schoolhouseyoga.com)

412-401-4444

### VISIT

**[WWW.SCHOOLHOUSEYOGA.COM](http://WWW.SCHOOLHOUSEYOGA.COM) TO REGISTER**

**[WWW.CHILDRENSYOGA.COM](http://WWW.CHILDRENSYOGA.COM) FOR MORE INFO**

### 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!!*

