

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

Cedar City, Utah

Sept. 16-19, 2010

COURSE CONTENT.....

For working with children.....

- Guidelines for teaching children of all ages from babies to teens
- 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
- Time to collaborate with others to create a unique yoga presentation
- One-on-one mentorship with Shakta
- 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 Aug. 16, \$950 after

Includes materials, retail value \$220 ,
No refunds after Aug. 16, 2010. Payment plans and group discounts available. Delicious vegetarian lunch included each day.

COURSE LOCATION...

Sage Hills Retreat Center
6232 W. Sage Hills Drive
Cedar City UT 84721
www.sagehillsyoga.com

COURSE HOURS...

26 IN CLASS, 4 MENTORSHIP

Thursday, Friday, Saturday:
8:30 am - 4:30 pm
Sunday, 8:30 am - 1:30 pm

QUESTIONS/TO REGISTER....

Melanie@sagehillsyoga.com or call
435 867 9642

Questions for Shakta?

info@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.*

▶ *Certificate given upon completion of at-home practicum phase.*

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

▶ *For all levels, including beginners*

