



RADIANT CHILD
YOGA



Happily Ever Now

Do you realize that you ARE the yoga that you bring to the children... and ALL that you do?

The last four limbs of beingness. Happily Ever Now training course gives you a real-time experience of these advanced yoga levels. You will leave with hands-on, moment to moment mindfulness tools so you can immediately and continually experience:

- **Pratyahara:** noticing where your mind is going, and bringing it back to where you want it to go for your highest good.
- **Dharana:** learning how to hold a point of focus, what it feels like when you are in alignment with your highest good.
- **Dhyana:** allowing the natural goodness that you are to be your experience in every day living.

Learn how your mind and emotions work together and how to navigate inner space with:

- *Breath, movement, stillness, chanting and dancing in the Kundalini Yoga style.*
- *Contemplation and journal processes from Abraham-Hicks work.*
- *Your take-home handout, Guidance Cards, and downloadable Powerpoint: Seven Truth-Seeking Questions.*



Shakta Khalsa, E-RYT 500, long-time yoga teacher, author, and founder of Radiant Child Yoga, was named one of the top five Kundalini Yoga teachers by Yoga Journal magazine. Shakta loves spiritual study; she is a deep seeker, and finder.

May 19-21, 2017 Ocean Grove, NJ

Ohana Rising Yoga School

66 South Main St., Ocean Grove, NJ
(732) 898-0278 (for location questions)

Tuition: \$400 through 4.15.17; \$475 after that date
No refunds after 3/31/17, credit for future course;
\$50 admin fee applies to all cancellations.
Friday evening 6-8:30pm, Sat. 8-6:00, Sun. 8-3:30

20-hour course credits may be applied toward RCFY 200 & 95 certification at any time in the future.

Contact: info@childrensyoga.com or visit www.childrensyoga.com