

# Kripalu®

Center for Yoga & Health



**SHAKTA KHALSA, E-RYT 500,** has been working with children and yoga for 40 years and is a pioneer in the field of children's yoga. [childrencyoga.com](http://childrencyoga.com)

**JUNE 25–30 | SUNDAY–FRIDAY**

## Shakta Khalsa

### RADIANT CHILD YOGA TRAINING, LEVELS 1–3

**FOR** yoga teachers, schoolteachers, therapists, and parents at all levels of yoga experience.

Prepare to move your body and be young at heart in this joyful, insightful, and practical training. Join one of the pioneers of children's yoga to learn

- How to create and deliver fun, effective lesson plans for children from tots to teens
- A wide variety of yoga poses to use on the mat and at a desk
- Mindfulness tools for quieting and focusing the mind
- Engaging, creative yoga songs, stories, and games to encourage positivity
- Special yoga techniques for children with ADHD, autism, anxiety, and trauma
- Cooperative communication and listening skills for effective teaching
- Yoga for your own well-being while working with children.

You also gain conscious communication skills, deep listening, and ways to stay centered. Take the next step in sharing the gift of yoga.

Register Today

➔ [kripalu.org](http://kripalu.org) 800.741.7353

# Kripalu®

Kripalu is a 501(c)(3) nonprofit educational organization whose mission is to empower people and communities to realize their full potential through the transformative wisdom and practice of yoga.