

Kids Yoga Teacher Training for 8-13 yr. olds

with Next Generation Yoga® Trainer Charlotte Light



25 HOURS OF FUN, INSPIRATION, CONNECTION & LEARNING. TRAINING INCLUDES:

- comprehensive manual, resource supplies, and certificate of completion
- abundance of themes, postures, games, partner poses, breathing exercises & relaxation techniques
- creative ideas for incorporating art, music, books, props & storytelling
- breathing exercises, chants, meditation and deep relaxation techniques for stress management
- how to plan, sequence & lead fun, safe & educational Yoga classes
- methods for creating an open, expressive & non-competitive culture
- understanding of child development, anatomy & Yoga philosophy
- proven behavior management techniques
- observation classes led by a Master Teacher
- tips & tools for confidence & success
- opportunity to become a Licensed Next Generation Yoga® Teacher



GREAT FOR PARENTS, SCHOOL-BASED EDUCATORS, THERAPISTS, PEDIATRIC PROFESSIONALS AND YOGA ENTHUSIASTS WHO ARE CURRENTLY TEACHING YOGA TO KIDS.

Dates & Schedule:

October 26th-28th, 2018

Friday 9:00-5:30

Saturday 9:00-5:30

Sunday 9:00-5:00

Location:



210 W University Drive

Rochester, MI 48307

Investment:

\$695 + \$85 reg & supplies

\$100 off if registered by

September 26th, 2018

For more information, Email the Trainer Charlotte Light: charlottewflight@gmail.com

Register at: www.NextGenerationYoga.com

Next Generation Yoga® is an international organization, since 1998, and is a Registered Children's Yoga School (RCYS) with Yoga Alliance



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866-NGY-YOGA