

TEACHING YOGA & MEDITATION TO CHILDREN

Ages 2 ½ - 12

LEVEL ONE

January 24, 2:30 – 6:30 p.m.

January 25, 10:00 – 6:00 p.m.

Discover ways to incorporate yoga into a child's day-to-day activities. These techniques can be applied in the classroom, gymnasium, activity room, yoga studio, dance studio, community centre and daycare.

In this 10-hour workshop designed for adults, you will learn:

- How to structure a children's yoga class to engage the participants mentally and physically
- Ways to build a yoga vocabulary and apply it creatively
- Breathing techniques
- Meditations, mantras, visualizations and songs
- Strategies to adapt the exercises for children with special needs
- How to work with children safely

This professional development workshop is for Yoga and Dance Instructors, Classroom Teachers, Phys. Ed. Teachers, Drama, Dance & Music Teachers, E.C.E. Specialists and Movement Therapists.

All participants will receive a CD of songs and mantras, written support material and a professional development certificate on completion of the course.

Registration Fee: \$220.00. A non-refundable \$50.00 deposit is required to reserve a space. Make cheque payable to **Sherry LeBlanc**.

Location: Pegasus Dance Studios, 361 Glebeholme Blvd (Coxwell & Danforth), Toronto.

Contact: sherry@yoga4kids.org, 416-532-5988.

Mailing Address: Yoga 4 Kids, 639 Dupont St., Suite 507, Toronto, ON. M6G 1Z4

A Yoga Alliance qualified certificate course.