

TEACHING YOGA & MEDITATION TO CHILDREN **Ages 2 ½ - 12**

Level One

September 13, 9:00 – 4:30 pm
September 14, 9:00 – 4:00 pm

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 12-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.

Instructor: Sherry LeBlanc, Director of Yoga 4 Kids; Hon. B.Sc.; certified Kundalini(K.R.I.) & Integral Hatha Yoga & Integral Yoga Meditation teacher; Licensed Practitioner of Yoga for the Special Child®, LLC; E-RYT 200, Prof. Member of the International Assn. of Yoga Therapists. www.yoga4kids.org, sherry@yoga4kids.org.

Early Registration Fee by Aug. 18: \$310.00. After Aug. 18: \$335.00.

The fee includes \$20.00 for support material, a CD of songs and mantras and a certificate.

Location: Atlantic Fitness East Montague., 55 Wood Islands Hill Montague, P. E. I.

Contact: Adam Ross, events@Finesseast.ca, 902-838-3047.

Yoga 4 Kids workshops qualify for Yoga Alliance CEUs.