

# **TEACHING YOGA & MEDITATION TO CHILDREN**

## **Ages 2 ½ - 12**

### **LEVEL ONE**

**April 4, 9:00 – 4:30 & April 5, 9:00 – 4:00**

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.

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

**Instructor: Sherry LeBlanc**, Director of Yoga 4 Kids; Hon. B. Sc.; certified Kundalini (K.R.I.) & Integral Intermediate Hatha Yoga & Meditation teacher; Licensed Practitioner of Yoga for the Special Child®, LLC; E-RYT 200, FOYT "R" (Federation of Ontario Yoga Teachers); Professional Member of the International Association of Yoga Therapists.

**Registration Fee: \$310.00. A non-refundable \$75.00 deposit is required to register. Registration Deadline: All fees paid in full by March 20.** The fee includes \$20.00 for support material, a CD of songs and mantras and a certificate. Make cheque payable to **Sherry LeBlanc**.

**Location:** Prema Sai Wholistic Living Centre–Lakshmi Room, 2613 14<sup>th</sup> Street S.W, Calgary, Alberta

**To pre-register contact:** [sherry@yoga4kids.org](mailto: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.**