

Teaching Yoga & Meditation to Children

August 2 - August 8, 2009

Sunday Aug 2 10:00 am – 5: 30

Monday – Friday 9:00 am - 4:30 pm

Saturday Aug. 8 9:00 am - 12:30 pm

A Yoga 4 Kids 6 ½ -day professional development workshop for adults working with children ages 2 ½ - teens.

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

It qualifies as **42.5 CEUs** through **Yoga Alliance**.

This unique workshop offers ways to:

- Design thematic yoga lesson plans that inspire children.
- Adapt yoga and meditation to children of all ages & abilities in different settings.
- Use yoga postures and sequences in original and imaginative ways.
- Help teachers respond with confidence and spontaneity to young yoga students.
- Make curriculum connections in music, health, drama, dance, science & visual arts.
- Structure a children's yoga class to engage the participants mentally and physically.
- Build a yoga vocabulary and apply it creatively.
- Incorporate breathing techniques.
- Include meditations, mantras, visualizations and songs.
- Adapt the exercises for children with special needs.
- Work with children safely.
- Engage the neophyte and the adept yoga student with suitable activities and games.
- Do partner yoga.
- Introduce human anatomy and subtle yoga anatomy to children.
- Introduce yoga philosophy to children.
- Learn about children's developmental stages.
- Learn the five basic elements of Creative Movement: Shapes, Motion, Space, Rhythm, and Energy.

This course includes a Practicum: Write out a lesson plan & demonstrate a 20 – 30 minute yoga class for one of the following: pre-school children, elementary school age children, pre-teens or children with special needs.

Teacher: Sherry LeBlanc, Director of Yoga 4 Kids; Hon. B. Sc.; certified Kundalini (K.R.I.), Intermediate Integral Hatha Yoga Teacher & Integral Hatha

Meditation Teacher; Licensed Practitioner (Yoga for the Special Child ®,LLC); ERYT – 200, FOYT “R”; Professional member of the International Assn. of Yoga Therapists.

Guest Teachers

Janice Pomer, Dance Educator, Modern Dance Teacher & Author of “Perpetual Motion, Creative Movement Exercises for Dance & Dramatic Arts”. www.pomer-prophet.com. Janice will teach creative movement. Creative movement is a valuable tool for teachers and supports children’s yoga skills.

Eva Cvercko MD, Paediatrician, Infant & Child Development Consultant/Occupational Therapist, Registered Holistic Nutritionist. Eva will give a lecture on childhood development.

All participants will receive a CD of songs & mantras, written support material outlining the exercises introduced in the workshop and a professional development certificate on completion of the course.

Registration Fee: **\$845.00** paid by July 24. **\$895.00** paid after July 24. A non-refundable \$150.00 deposit is required upon registration. Make cheque payable to **Sherry LeBlanc**. All fees paid in full by July 24. No refunds after Aug. 1.

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

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

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