



## Kids Yoga - Teacher Training Workshop

**share the gift of yoga with kids &  
learn to design creative & comprehensive kids yoga classes**

### Do you work with children?

Join us for a fun and practical workshop that combines stories, music and games with traditional yoga techniques to create a unique movement experience for children between 3 and 7 years (with older ages covered too).

- Kids yoga - What is it?
- Understanding the ages and stages of development
- Planning fun and creative kid's yoga classes
- Imagination, visualization and meditation
- Ideas for keeping children engaged, interested and focused
- Stories, music and games
- Observing a kids yoga class
- Sharing resources

For yoga teachers, childcare workers, teachers, therapists, parents, babysitters, siblings or anyone who wants to share the gift of yoga with children.

Cost: \$150.00 Early bird special \$125.00 pay by 21<sup>st</sup> June 2009

LIMITED SPACES (max 15 participants)

Time: 9.30am to 4.00pm

When: Saturday 4<sup>th</sup> July

Where: Randwick Montessori School, 1 Rae St, Randwick

For bookings, contact Beth 0416 131 662

[beth@karmakidsyoga.com.au](mailto:beth@karmakidsyoga.com.au)

[www.karmakidsyoga.com.au](http://www.karmakidsyoga.com.au)

*"The workshop was great, easy to follow; perfect timing on each section. The atmosphere was relaxed and the information wasn't overwhelming. The demonstration class was awesome to watch... and to see how you handled all the different personalities. Thank you!" Mel (yoga teacher)*

*Beth has been practicing yoga for 20 years and is certified to teach children's yoga through the Next Generation Teacher Training and the Radiant Child Yoga Program Levels 1, 2, and 3. She is a qualified yoga teacher and has trained extensively with both Australian and International teachers in asana, yoga therapy, functional assessment and pranayam. She is also a qualified Montessori pre-school teacher (MA NYU) and has spent the past 20 years combining her interests in education, child development, movement and psychology in a variety of ways.*