



next generation
YOGA[®]
 FOR KIDS
 Why kids love yoga![™]



Kids Yoga Teacher Training for 8-13 yr. olds

with Next Generation Yoga[®] Trainer Lexi Anderson

25 HOURS OF FUN, INSPIRATION, CONNECTIVITY AND LEARNING!

Dates & Schedule:

September 13th-15th, 2019

Friday & Saturday: 9:00-5:30

Sunday: 9:00-5:00

Investment:

\$695 + \$85 reg & supplies

- \$100 early bird savings if registered by 8/13
- 50% off for qualified school-based educators, full-time students, and military (may not be combined with other discounts)

Hosted by:



UpDog Yoga

210 W. University Dr.

Rochester, MI 48307

Great for parents, school-based educators, therapists, pediatric professionals and Yoga enthusiasts.

What you'll receive:

- comprehensive manual, resource supplies, and certificate of completion
- abundance of themes, postures, games, partner poses, breathing exercises & relaxation techniques
- creative ideas for incorporating art, music, books, props & storytelling
- breathing exercises, chants, meditation and deep relaxation techniques for stress management
- how to plan, sequence & lead fun, safe & educational Yoga classes
- methods for creating an open, expressive & non-competitive culture
- understanding of child development, anatomy & Yoga philosophy
- proven behavior management techniques
- observation classes led by a Master Teacher
- tips & tools for confidence & success
- opportunity to become a Licensed Next Generation Yoga[®] Teacher

About NGY Trainer Lexi Anderson:

Lexi received her 200-Hour Registered Yoga Teacher (RYT) certification in 2015 through CorePower Yoga in Utah. In addition to leading NGY Teacher Trainings, Lexi facilitates 200-Hour CorePower Teacher Trainings, and has found she is dedicated to supporting all Yogis, children and adults, in exploring their Yoga Journey. You can find Lexi teaching Yoga to kids in schools and Yoga studios. Her intention for sharing Yoga is surrounded by her passion for health in both the body and mind. Her dream is to allow every child to experience strength, peace and community.



For for information email Lexi: nextgenerationyoga.lexi@gmail.com

Register at: www.NextGenerationYoga.com

Next Generation Yoga[®] is an international organization, since 1998, and is a Registered Children's Yoga School (RCYS) with Yoga Alliance



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866-NGY-YOGA