

# Kids Yoga Teacher Training for 2-7 yr. olds

with Next Generation Yoga® Trainer Charlotte Light



## 25 HOURS OF FUN, INSPIRATION, CONNECTION & LEARNING. TRAINING INCLUDES:

- comprehensive manual, resource supplies, and certificate of completion
- countless benefits of Kids Yoga & how to bring it to the mainstream
- abundance of themes, postures, games, partner poses, breathing exercises & relaxation techniques
- creative ideas for incorporating art, music, books, props & storytelling
- how to plan, sequence & lead fun, safe & educational Yoga classes
- understanding of child development & anatomy
- 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



**GREAT FOR PARENTS, SCHOOL-BASED EDUCATORS, THERAPISTS,  
PEDIATRIC PROFESSIONALS AND YOGA ENTHUSIASTS**

### Dates & Schedule:

April 26<sup>th</sup>-28<sup>th</sup>, 2019

Friday 9:00-5:30

Saturday 9:00-5:30

Sunday 9:00-5:00

### Location:



210 W University Drive

Rochester, MI 48307

### Investment:

\$695 + \$85 reg & supplies

\$100 off if registered by

March 26<sup>th</sup>, 2019

For more information, email the Trainer, Charlotte Light: [charlottewflight@gmail.com](mailto:charlottewflight@gmail.com)

**Register at: [www.NextGenerationYoga.com](http://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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