

KIDS YOGA

TEACHER TRAINING



INVESTMENT

\$300

PROGRAM DATES

May 6-7

Saturday, 8:30am-4:30pm

Sunday, 10:00am-6:00pm

WHERE

Corinth Square

Training will be led by Valerie Jansonius. For more information or to sign up, please contact Michelle at michelle@powerlifeyoga.com.

Want to learn how to bring yoga to kids, tweens, teens? Join Valerie Jansonius for this fun weekend training! Our Kids Teacher Training is perfect for educators, yogis, parents, therapists and anyone who is interested in working with kids. Topics covered in the training will include:

- Philosophy and benefits of kid yoga
- General framework for instruction: poses, breath work, games, and music
- Yoga format instruction for: Pre-K, Kid, Tween
- Meditation and stillness for children
- Overview of Adaptive Yoga for Children
- Classroom management techniques
- Business of Kid Yoga

POWERLIFEYOGA

CORINTH SQUARE STUDIO 4145 Somerset Drive, Prairie Village