



## Teacher Training for Kids Yoga Ages 3+

### Topics Include:

- ♥ Kid Friendly Poses
- ♥ Kid Friendly Meditation
- ♥ Kid Friendly Yoga Philosophy
- ♥ Childhood Development
- ♥ Anatomy & Body Systems
- ♥ Play & Discipline
- ♥ Yoga Games
- ♥ Dance & Yoga
- ♥ Art & Yoga

### Training Includes:

30 Total Hours

- ♥ 21 Hours Lecture & Practice
- ♥ 4 Hours Observing/Assisting
- ♥ 5 Hours Homework

Training & Supplemental Materials

Letter of Completion & Certificate

### Course Prerequisites:

This is a perfect course for teachers, parents, grandparents and those preparing to have kids.

All levels welcome!

**Dates:** March 25th – 29th, 2011

Friday - 3:00pm-8:00pm

Saturday & Sunday - 9:00am-2:00pm

Monday & Tuesday - 5:00pm-8:00pm

**Course Fees:** \$350



Kelly Wood is the owner and director of Karuna Yoga, a successful yoga studio in Los Angeles, CA. Kelly is a pioneer in the field of yoga as she is certified in both Hatha Yoga & Kundalini Yoga.

Kelly's teaching style is

influenced by her in-depth study of Hatha and Kundalini Yoga, dance, philosophy and art history.

Kelly offers her specialized Hi Yoga™ Teacher Training course to help parents and kids discover focus and calm together. Kelly has taught over 60,000 kids of diverse cultural backgrounds and is passionate about the health of all children. Kelly's vision is to see kids and parents making a daily healthy habit of yoga.

Kelly is currently working with Jane Tavyev, MD, Pediatric Neurology/ Neurodevelopmental Disabilities at Cedars-Sinai Medical Center and UCLA to research the benefits of yoga in children with autism.

## Application:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Yoga Experience: \_\_\_\_\_

Other Related Experience: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Cancellation Policy:

20% cancellation fee plus prorated fees as applicable



*Be Together*

Learn more about the

**Hi Yoga™ Parent & Kid DVD**

by visiting [www.hiyoga.com](http://www.hiyoga.com)



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**Teacher Training**  
**Kids Yoga**