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Rasa Yoga Center presents

Certified Kids **Yoga Teacher Training**

with Natalie Stawsky, ERYT500, CYT

Sat/Sun Oct. 16th-17th (Sat 11-6, Sun 11-2)

Sat/Sun Nov. 13th-14th (Sat 11-6, Sun 11-2)

\$275 each or \$250 by 10/6 & 11/3

**Great training for educators, parents, yoga teachers,
yoga practitioners, and pediatric professionals**

Certificate of completion provided.

Each course is approved for 10 CE credits with Yoga Alliance.

OCTOBER TRAINING

Focusing primarily on children ages 3-7, this course will give you the tools you need to create your own yoga program for this age group.

NOVEMBER TRAINING

Focusing primarily on children ages 8-18, the training enables you to engage older kids in the foundations of yoga while having fun.

Guidelines for teaching children in above age groups

Games and songs, asana (poses) and movement

Meditation practices appropriate for children

Methods to stimulate the brain

How to lesson plan, sequence and lead fun, creative and educational yoga classes

Ideas for incorporating art, music, books, props and storytelling

About Natalie Stawsky, ERYT500, CYT - Natalie started her teaching career in Los Angeles, California, where she worked with the Impact Foundation, bringing yoga to children of underserved communities and schools. She also worked for two years at The Accelerated School of South Central Los Angeles, as the outreach coordinator and teacher's mentor of Imagine/Yoga for kids, bringing yoga to inner city youth at various schools, churches and community centers. Natalie worked with ex-gang members of East Los Angeles using yoga as a tool to help them find determination and equanimity to finish high school in a chaotic environment. Natalie's classes include art exploration and journaling to help children find their inner voices, use their imagination and build self esteem.