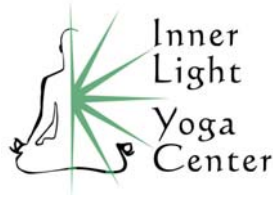




Children's Yoga Teacher Training Offered at Inner Light Yoga Center



Lion's Plaza, 2nd Floor
1626 Route 130 N
North Brunswick, NJ 08902
732 951-1100
www.ILYC.com

Full of Joy Yoga Children's Yoga Teacher Training for educators, parents, yoga teachers, caregivers and anyone who loves working with children!

This 12 hour long teacher training is a valuable resource for parents, educators or professionals working with kids of all ages. The benefits of bringing yoga to the little ones are invaluable - whether they are your own, in your classroom or in any other setting.

Saturday & Sunday, July 25 & 26, 2009 from 12-6

Fee \$300 paid by July 15

At least 1 yr of yoga experience is required

- Full of Joy Yoga Teacher Training Manual
- Principles of traditional yoga
- Themes, poses, games, partner yoga, breathing exercises and relaxation techniques
- Specific exercises to help kids transition between activities
- Ideas for using props, books, music and storytelling
- Behavior challenges and how to approach them
- How to develop your own class as well as lesson planning and sequencing
- Marketing your own kids yoga classes

Recognizing that children need balance and focus in their lives, Lani Rosen first incorporated yoga into her daily schedule while teaching first grade in Coney Island, Brooklyn (New York). She received her 200-hour certification from the Nosara Yoga Institute in Nosara, Costa Rica, and then, building on her extensive experience with young children, she went on to be certified by Next Generation Yoga in NYC, the Radiant Child Yoga Program, and Street Yoga & Circus Yoga Teacher Trainings. In 2004, Lani founded/created Full of Joy Yoga in San Francisco. Over the next four years, she taught yoga to children in preschools, yoga studios, homes, homeless shelters, and after-school programs all over the Bay Area. In 2007, she relocated to Connecticut, bringing her expertise to the East Coast while continuing to grow her business out West.



Training others to teach yoga to children is Lani's new passion, as she realizes she can reach many more children by sharing her skills and talents with other adults. For the last three years, she has organized and led Kids Yoga Teacher Trainings for parents, teachers, and yogis on both coasts.

Detach, fill out and mail in or drop off to ILYC

Registration Form –Children's Yoga Teacher Training

Name _____ Phone _____

E-mail address _____

Amount \$300 _____ (checks payable to Inner Light Yoga Center)

Drop off or mail to Inner Light Yoga Center, 1626 Route 130, Suite K-3, North Brunswick, NJ 08902

Pre-registration requested by July 15
No refunds. Someone may attend in your place.