

**August 14-17**

11 am - 4:30 pm daily (30 min break)

\$450 (\$425 by July 14)



# Teaching Yoga to Children

## 20-Hr Teacher Training

*with Rita Maltais*



Registered Yoga School

This comprehensive training prepares you to teach yoga and mindfulness to children from Kindergarten to Grade 8.

### Training includes:

- *Techniques for breathing, visualization, relaxation, music and games*
- *Research on the benefits of yoga and mindfulness in children*
- *Children's yoga postures (individual, partner and group)*
- *Lesson planning and hands-on experience*

*Rita Maltais, B.Ed., has well over 500 hours of yoga training, including Yoga Ed K-8 Certified Radiant Child Yoga Program Level 1. She is a Mindful Educator, with many years of experience as a school teacher.*



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