

mini yogis[®] yoga for Kids teacher training



If you love yoga, and you love Kids, come join us on Saturday, October 23rd and Sunday, October 24th, 2010 as world-renowned children's yoga instructor, Shana Meyerson, conducts a two-day teacher training in Barcelona! Spend the weekend stretching your mind—and body—in ways you've never before imagined.

Focusing primarily on children ages three to eight, this ten-hour (two-day) course will give you all the tools you need to create your own yoga program for children. Through the use of themes, games, music, books, and other props, we will transform traditional practice into a creative, stimulating, and—most importantly—FUN yoga experience for Kids. We will delve deep into the world of interactive asana and movement, and cover yoga fundamentals such as philosophy, breathing, and relaxation. You will experience a one-hour mini yogis class, and to learn how to design empowering Kid-specific practices that encourage children to be strong, self-confident, and healthy in mind, body, and spirit.

When: Saturday, October 23rd - Sunday, October 24th

Time: 10.30 - 17.15 Saturday & 10.30 - 15.15 Sunday (45-minute break each day)

Where: Kannon Gyo

C/Agullers 17-18, 08003 Barcelona, Spain

Fee: €240 if paid/postmarked by March 31st, 2010*

€270 if paid/postmarked between April 1st, 2010 and August 31st, 2010*

€300 if paid/postmarked on or after September 1, 2010*

Dress comfortably!

Payment Information: Payments go directly to Heike Lamprecht

Barclays Bank

Acct # (with IBAN) ES27 0065 1546 4200 0100 8658

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If you would like to participate in this training or just want more information, please contact Heike Lamprecht at info@yogasana.eu, call her at +34.647.788.139, contact Shana directly at shana@miniyogis.com, or call her at +1.310.478.2266, or visit mini yogis at www.miniyogis.com.

Space is limited, so reserve your spot early!

This training is designed for people who already practice yoga and are familiar with the various asana. You don't have to be a teacher or an expert, but please make sure that you have taken at least 10 classes in the past six months before enrolling in teacher training.

Training will be held in English, please inform us if you will be needing translation.

Certification will be earned upon completion.

Shana Meyerson, Founder of mini yogis yoga for Kids (www.miniyogis.com) and YOGAthletica Power Yoga (www.YOGAthletica.com), teaches yoga to children age infant and up both privately, and at schools, camps, and other activity centers around Los Angeles, California. She has trained teachers all around the world and loves opening people's eyes to the fun and creativity of yoga. Her daily yoga practice is the cornerstone of her life and a gift she hopes to share with as many people as possible.

You can visit mini yogis at www.miniyogis.com, e-mail Shana at shana@miniyogis.com or call +1.310.478.2266 for more information.

*Includes a €100 nonrefundable deposit; no refunds will be issued after September 1, 2010; no refunds or credits will be issued within 72 hours of training.