

give children the gift of yoga



Shakta Kaur Khalsa is the founder of the Radiant Child Yoga Program, IKYTA certified yoga teacher and trainer, AMS Montessori educator, E-500 RYT, and author of several well-known yoga books.

www.childrensyoga.com

www.shaktakaurkhalsa.com

Radiant Child Yoga is one of the most comprehensive and enlightening training programs of its kind!

- ◆ Guidelines for toddlers to teens
- ◆ Yoga stories and games that children love
- ◆ Yoga for SPD, Autism, and ADHD
- ◆ Keeping children engaged and focused
- ◆ Adapting for schools
- ◆ Meditation and breathwork
- ◆ Self-transformational practices for you as the teacher
- ◆ Yoga In Motion songs and movement
- ◆ Collaborate in small groups to present a children's yoga class.

Course includes take-home tote and materials --books, CDs, DVDs, and manuals-- all created by Shakta Kaur, a \$165 value!



•Opportunity to be listed on childrensyoga.com

• Receive a certificate of completion for RCYP levels 1 & 2 (20 class hours)

*** CEU credits available for Yoga Alliance, private/ public schools, OT/PT practices**

•Beginners and experienced in yoga welcome!

Friday
7 pm - 9:30 pm Jan/22

Saturday
09 am - 06 pm Jan/23

Sunday
08 am - 04:30 pm Jan/24

\$ 550 early registration by Jan. 08. 10

\$ 610 regular price

No refund after above date. Processing fee applies with refund.

To Register Contact: Vasanthi

Phone: 703-726-0077

Email: yoga@bridgetolearning.net

Bridge to Learning Family Yoga

44110 Ashburn Village Center

Suite 136, Ashburn, VA, 20147

www.bridgetolearning.net