

mini yogis[®] yoga for Kids teacher training



If you love yoga, and you love Kids, come join us on Saturday, January 30th and Sunday, January 31st, 2010 as world-renowned children's yoga instructor, Shana Meyerson, conducts a weekend-long teacher training at Zenergy Yoga in Scottsdale! Spend the weekend stretching your mind—and body—in ways you've never before imagined.

Focusing primarily on children ages three to eight, this 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 two mini yogis classes for Kids, and learn how to design empowering Kid-specific practices that encourage children to be strong, self-confident, and healthy in mind, body, and spirit.

Where: Zenergy Yoga Studio

16447 N. 91st Street, Suite 105, Scottsdale, Arizona 85260

When: Saturday, January 30th - Sunday, January 31st, 2010

Time: To Be Determined

Fee: \$240 if paid/postmarked by September 1, 2009*

\$270 if paid/postmarked by December 1, 2009

\$300 if paid/postmarked on or after December 2, 2009*

If you would like to participate in this training or just want more information, please contact Ali at ali@zenegygyoga.net or call her at 480.628.1453, or contact Shana directly at shana@mini yogis.com or call her at 310.471.9644 for more information.

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.

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@mini yogis.com or call +1.310.471.9644 for more information.

* includes a \$100 nonrefundable deposit; no refunds will be issued after december 1, 2009; a \$30 fee applies to any check returned due to insufficient funds; cancellations of paid registration after december 1, 2009 will be credited \$100 towards a future training; no refunds or credits will be issued within 72 hours of training.