

GroovyKids Yoga

TEACHER TRAINING

led by **greville henwood** C-RYT E-500RYT
assisted by **brenda chestnut**

YOGA LOFT

1112 Ocean Drive Suite 103, Manhattan Beach, CA 90266

FRIDAY **OCT 14** 7:30-9:30pm

SATURDAY **OCT 15** 1:00-4:00pm

SUNDAY **OCT 16** 1:00-5:00pm

Early Bird Pricing: \$250 (after Sept 14: \$275)

In this FUN and LIVELY workshop-style weekend, we will learn proven methods for teaching Yoga to kids. Friday night will be a discussion of the various approaches to teaching to kids. The weekend sessions will detail some sequencing ideas, including a standard sequence that can be modified slightly to provide almost endless variations for a class. We will study and discuss the thought behind these methods and learn ways to relate to the kids in a manner that empowers and inspires. We will explore stories, music, chants, games, and you will come away with a broad range of tools and ideas designed to open kids to the joy of Yoga.

This workshop is open to yoga teachers and practitioners, physical educators, educators, parents and everyone that loves kids. Teach at a local school? Take the course for a 10% discount!

10 contact hours with a C-RYT towards Yoga Alliance certification.

FOR MORE INFORMATION OR TO REGISTER, CALL 310.266.3040

www.grevillehenwood.com

