



Coconino Coalition for Children and Youth Presents:



CHILDLIGHT

healthy, happy, resilient kids!

yoga

A Teacher Training

For educators, physical education teachers, school or family counselors, social workers, camp counselors, occupational therapists, physical therapists, recreation directors, yoga teachers, and any others who wish to share the many gifts of yoga and mindfulness with children

Limited Scholarships Available for those in Coconino County

Yoga practice among children improves behavior, increases concentration, relieves anxiety and stress, strengthens patience and decision making skills, and even reduces rates of obesity, among many other benefits.

This two and a half day, incredibly fun, interactive, and educational workshop is a basic, yet thorough program designed to provide participants with the tools and knowledge needed to share the gifts of yoga with children ages 2-12. Whether you are seeking to incorporate what you learn into your current work with children, or whether you are looking to teach yoga to children as a career, this will provide you with the information, support, resources, and inspiration necessary to begin doing so immediately. Please bring a yoga mat.

Your \$360 discounted registration includes 17 contact hours, a certificate of completion, the training manual, a CD *I Grow With Yoga: Yoga Songs for Children*, and the book *Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children*, written by ChildLight Yoga and Yoga 4 Classrooms Founder, Lisa Flynn.

For Registration, Use Discount Code CCCY35

SCHEDULE:

Friday, January 23rd, 6:00 p.m. to 9:00 p.m.

Saturday, January 24th, 9:00 a.m. to 5:30 p.m.

Sunday, January 25th, 9:00 a.m. to 3:30 p.m.

Coconino County Public Health Services District

Ponderosa Room

2625 North King Street

Flagstaff, Arizona 86004

Lunch is on your own.

Due to time limitations, brown bags are encouraged.

For more information or to register

visit: childlightyoga.com



For questions, contact Ruth Ellen Elinski, ruthellen@coconinokids.org OR call 928-679-7318