

# Radiant Child Yoga Teacher Training Levels 1-3 December 1st-4th, 2011

For information and to register: 508-376-4525  
[info@YogaAtTheAshram.org](mailto:info@YogaAtTheAshram.org)

**\$599 plus \$200 materials TOTAL: \$799**  
by Nov. 12, \$870 after

**Level 3 only (Heart & Soul Work with Children) \$250, includes \$30 material fee. After 11/12: \$280**

**Cancellation policy: full refund, less \$40 admin fee by Nov. 12. After that date, \$40 change fee and credit to take future RCY course at same location.**

**Hours: Dec. 1st, 6:30-9 pm ~ Dec. 2nd, 3rd & 4th, 8:30 am – 6 pm**

**Location: Yoga at the Ashram  
368 Village Street, Millis, MA 02054  
YogaAtTheAshram.org**



## Radiant Child Yoga

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

- Guidelines for toddlers to teens
- Yoga stories, songs, and games children love
- Yoga for Autism and ADHD
- Class management tips
- Adapting yoga for schools
- Meditation/breathing games
- Self-transformational practices for you as the teacher
- Group Presentations-- collaborate in small groups
- Follow-up practicum with Shakta
- Tons of fun!
- Children's chakra and energy field development
- Yogic teachings, including 4 phases of childhood
- Practice of deeply listening and communicating
- Tips on staying centered no matter what!



The course includes take-home tote and materials—books, CDs, DVDs, and manuals—all created by Shakta Kaur, a \$200 for material value

- Opportunity to be listed on [childrensyoga.com](http://childrensyoga.com)
- 30 hour level 1-3 certificate given upon completion of at-home practicum.
- PT/OT, YA, Public school credits available
- This course is the first step in 95/200 hr RCY training
- Open to beginners and experienced yogis



## Shakta Kaur Khalsa

Shakta Khalsa, E-RYT 500, AMS Montessori, published author and founder of Radiant Child Yoga, has been an internationally recognized teacher of yoga for both adults and children for the past 35 years. She was recognized by Yoga Journal Magazine as one of the top five Kundalini yoga experts on their 2008 Who's Who list, and is one of the founding mothers of the children's yoga movement.

The vision of Radiant Child Yoga is to create a world of peace through the union of children and yoga.

