

# MINDFUL YOGA FOR CHILDREN



*For educators, yoga teachers, counselors*

**Mindful Yoga for Children** will help you to integrate mindfulness into your teaching of yoga to children. Learn techniques that can help children to:

- Understand how their brain works
- Gain greater self-awareness
- Increase attention and focus
- Develop effective skills for stress reduction
- Increase self-regulation, both emotionally and behaviorally
- Develop a positive, optimistic mindset

**Saturday, March 4 (1:15 to 6:15)**

**Sunday, March 5 (9:00 to 5:00)**

**\$225**

***Instructor: Beth Johnson, EdS, LCSW, ERYT***

12 hours apply towards 95-Hour Registered Children Yoga Teacher Training or CEUs.

**The Yoga Center of Deerfield Beach**

**827 SE 9<sup>th</sup> St**

**Deerfield Beach, FL 33441**

954-427-2353

[info@yogacenterdb.com](mailto:info@yogacenterdb.com)



• **REGISTRATION FORM**

- NAME \_\_\_\_\_
- ADDRESS \_\_\_\_\_
- \_\_\_\_\_
- CELL PHONE \_\_\_\_\_
- E-MAIL \_\_\_\_\_