



## Children are natural yogis.

They love to move, play, stretch their bodies and minds, and feel strong, in a safe, relaxing environment.

Teaching children requires knowledge, patience, and a big bag of tricks. It's not easy to keep their attention and interest, all while maintaining control.

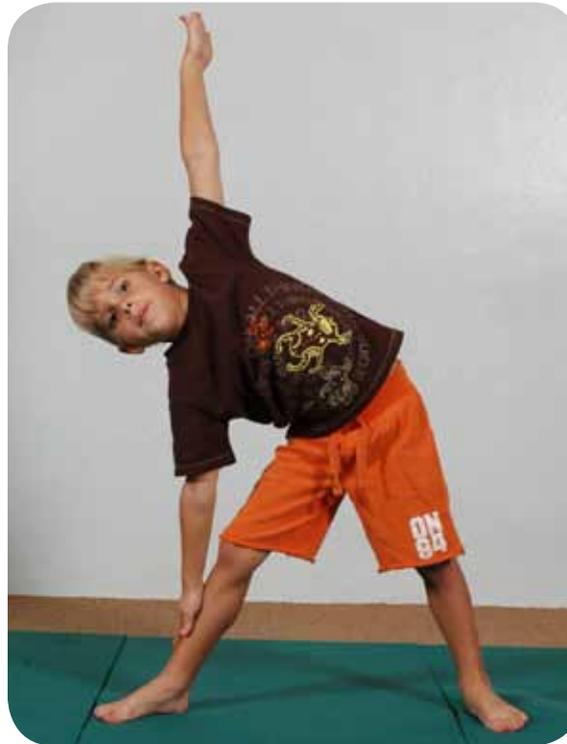
*Let us fill your toolbox with techniques for addressing varied needs, ages, and levels of skill.*

### Research shows that yoga improves:

- Ability to handle strong emotions
- Self-awareness and self-regulation
- Symptoms of trauma and stress
- Executive function and critical thinking

Photos are from *Yoga Therapy for Children with Autism and Special Needs* (Goldberg, 2013), reproduced with permission.

## Become a Registered Children's Yoga Teacher



Learn to teach yoga to children of all ages and abilities, in school, group or private classes, or at home.

*Open to educators and yoga teachers.*

For more information, visit  
[yogacenterdb.com](http://yogacenterdb.com)

## Children's Yoga Teacher Training



A 95-Hour Children's Yoga Teacher Training Certification Course



Yoga Center of Deerfield Beach  
[yogacenterdb.com](http://yogacenterdb.com) • 954.427.2353  
827 SE 9th Street, Deerfield Beach FL 33441



## About the Program

The Yoga Center of Deerfield Beach is offering a unique opportunity to complete 95 hours of advanced teacher training with highly experienced yoga educators before fall 2017. Hours apply toward RYT500 or RCYT with Yoga Alliance for RYT200 teachers. Participants will receive a 95-hour Children's Yoga Teacher certificate upon completion of the training.

## Program Topics

- Creating a school yoga program
- Enhancing learning readiness
- Yoga to complement social emotional learning
- Addressing bullying and difficult behaviors
- Early childhood yoga
- Music and songs for all ages and multilingual populations
- Teaching yoga to children with autism and special needs
- Mindfulness practices on and off the mat
- Yoga for teens and young adults
- Neuroscience and research validating yoga's efficacy

## 2017 Course Information

DATES	COURSE / INSTRUCTOR	HR	PRICE
Jan 21-22	<b>Classroom Yoga Breaks Module 1</b> (includes book) <i>Louise Goldberg</i>	12	\$250
Jan 29	<b>Early Childhood Yoga</b> <i>Veronica Barker-Aguirre</i>	8	\$150
Feb 11-12 OR May 6-7	<b>Creative Relaxation® Yoga Therapy for Children with Autism and Special Needs Level 1</b> (includes book & DVD) <i>Louise Goldberg</i>	12	\$250
March 4-5	<b>Mindful Yoga for Children</b> <i>Beth Johnson</i>	12	\$225
March 12	<b>Classroom Yoga Breaks Module 2</b> <i>Louise Goldberg</i>	8	\$150
March 25-26	<b>YoMu (YogaMusic): The Wisdom is In You</b> (includes CD) <i>Cynthia Zak</i>	12	\$250
April 22-23	<b>Yoga for Teens and Young Adults</b> <i>Christine Apter</i>	12	\$225
May 20-21	<b>Creative Relaxation® Yoga Therapy for Children with Autism and Special Needs Level 2</b> <i>Louise Goldberg</i>	12	\$225
<p><b>PLUS</b> 7 hours of non-contact hours, assistant teaching, or mentoring with one of the faculty.</p> <p>Credit for past Creative Relaxation® trainings is available.</p>			

Total Program cost: \$1725. **Register for the entire series for the discounted rate of \$1500, which includes 2 textbooks, DVD, and CD, and guarantees enrollment in every class.**

Or, you may pick and choose the courses that interest you and use the hours toward RYT500 (for those with RYT200) or as CEU's.

Courses from this series that were completed previously may be used toward certification. Mentoring hours are arranged individually. There may be additional costs depending on the nature of mentor, teacher agreements.

## Staff Profiles



**Louise Goldberg, MA, E-RYT 500, RCYT Program Director**, is founder of Creative Relaxation® and a national presenter on children's yoga. A yoga teacher since 1981, Louise has been a consultant in the Broward Schools for over 30 years and leads teacher trainings in Creative Relaxation® throughout the country. Her books *Classroom Yoga Breaks: Brief Exercises to Create Calm* (Norton, 2017), and *Yoga Therapy for Children with Autism and Special Needs* (Norton, 2013) are used internationally. She is co-author of *S.T.O.P. and Relax, Your Special Needs Yoga Toolbox* ©2006 and author of *Yoga for Children* DVD ©2004. She has taught remedial reading and English at the middle, high school, and college levels. Louise is director of the Yoga Center of Deerfield Beach.



**Christine Apter, PhD, E-RYT 500** holds a Doctorate degree in Natural Health and a Master's Degree in Microbiology. A student of yoga since 1968, she offers deep insights into the techniques, philosophy, body mechanics, and wisdom of yoga. Since 2001, Christine has taught yoga to teens and young adults through the department of Exercise Science at Florida Atlantic University. She is the author of *A Journey in the Heart: Teaching Yoga Deeper*, an advanced yoga teacher training manual.



**Beth Johnson E-RYT200** is licensed clinical social worker and a certified school counselor. She has been teaching yoga since 2007 to adults and children and has also taught mindfulness to children in schools. Currently, Beth is a MindUp Workshop Facilitator with the Hawn Foundation, leading workshops throughout the country to help administrators, teachers, and parents integrate mindfulness techniques into their schools, classrooms, and homes.



**Cynthia Zak RYT500** is founder and creative director of Yomu (YogaMusic), The Wisdom is in You, and a music and mindfulness teacher for all ages and abilities. She is the author of two children's books on yoga (*El Maestro Eres Tu*) plus a mindfulness daily planner for kids' backpacks. She is the songwriter, composer, and producer of Yomu's original music, including 60 bilingual and multilingual songs based on neuroscience. Cynthia leads trainings in Yomu throughout the US, Latin America, and Europe.



**Veronica Barker-Aguirre, RYT500** has completed hundreds of hours of training and teaching in a variety of styles and techniques. She works with children, individuals with special needs, and adults. A trained primary school teacher, she has taught in public and private school settings in the US and overseas. She holds a Master's degree in Spanish Language and Culture.