

YoMu (Yoga Music) The Wisdom is in You

March 25-6, 2017
Sat, 1:15 -6:15, Sun, 9-5



Learn simple, powerful techniques to incorporate music into mindful movement. No previous musical training required.
For educators, yoga teachers, counselors, and parents.

**With Cynthia Zak-Preuss, Founder, Creative Director YOMU
12-hour Foundational Training Mindfulness in Movement**

Hours apply toward Yoga Center 95-HR Children's Yoga Teacher (RCYT) or Yoga Alliance CEU's

***Original songs and music**

***Percussion**

***Rhythm**

***Voice improvisation**

Yomu offers 60 bilingual and multilingual songs for mindfulness, relaxation, self-awareness, kindness, yoga, breathing, community connection.

**Yoga Center of Deerfield Beach
827 SE 9th St, Deerfield Beach, FL 33441
954-427-2353 info@yogacenterdb.com**



\$250 includes original CD

REGISTER:

NAME _____

ADDRESS _____

PHONE _____

E-MAIL _____

CREDIT CARD #: _____ Expiration: _____ Security code: _____

Please send check to the yoga center or include CC info for payment. Thank you!