



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.

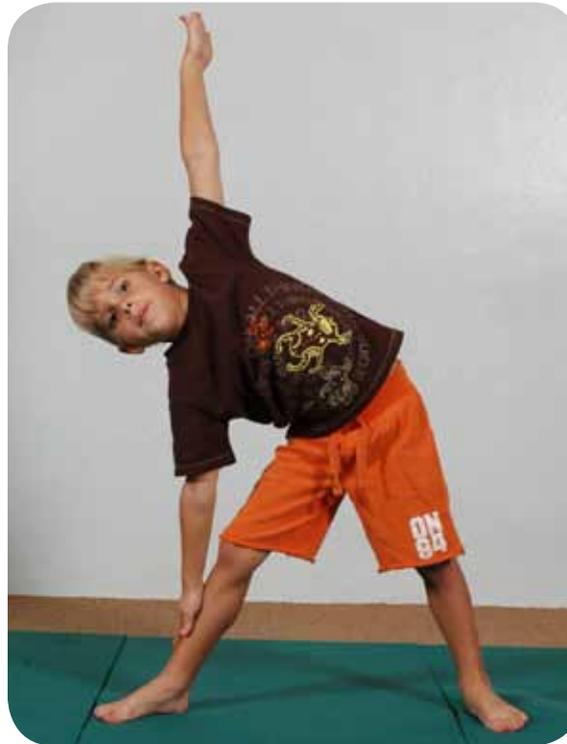
Let us fill your toolbox with techniques for addressing varied needs, ages, and levels of skill.

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

Children's Yoga Teacher Training



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



Yoga Center of Deerfield Beach
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 in winter/spring 2018. 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

- The art and science of respiration
- Enhancing learning readiness
- Yoga to complement social emotional learning
- Promoting empathy and creating connections
- 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

2018 Course Information

DATES	COURSE / INSTRUCTOR	HR	PRICE
Jan 27	Classroom Yoga Breaks A: Mindful Movement & Learning Readiness <i>Louise Goldberg</i>	5	\$90 /\$105 with book
Feb 24	Classroom Yoga Breaks B: Self-Regulation, Connection, & Empathy <i>Louise Goldberg</i>	5	\$90 /\$105 w book
March 10	YoMu A: Yoga Music The Wisdom is in You <i>Cynthia Zak</i>	6	\$125
March 24	YoMu B: Yoga Music The Wisdom is in You <i>Cynthia Zak</i>	6	\$125
April 7	Classroom Yoga Breaks C: Self-Awareness, Intention, & Meditation <i>Louise Goldberg</i>	5	\$90 /\$105 w book
April 28-29	Creative Relaxation® Yoga Therapy for Autism and Special Needs Level 1 <i>Louise Goldberg</i>	12	\$250
May 5-6	Creative Relaxation® Level 2 (CR1 Required) <i>Louise Goldberg</i>	12	\$225
May 19-20	Mindful Yoga for Children <i>Beth Johnson</i>	12	\$225
June 2-3	Yoga for Teens & Young Adults <i>Christine Apter</i>	12	\$225
June 9-10	Early Childhood Yoga <i>Veronica Barker-Aguirre</i>	12	\$225
PLUS 8 non-contact hours. Credit for past Creative Relaxation® trainings is available.			

Total Program cost: \$1685. **Register for the entire series for the discounted rate of \$1500, which includes 2 textbooks, DVD, CD, course manuals, and guarantees enrollment in every class.**

Or, you may select courses that interest you and apply the hours toward RYT500 (for those with RYT200) or as CEU's. Modules may be taken independently. Courses from this series completed previously may be used toward certification.

Staff Profiles



Louise Goldberg, MA, E-RYT 500, RCYT, C-IAYT, 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.