



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:

- Self-awareness and self-regulation
- Symptoms of trauma and stress
- Social/emotional learning and empathy
- Executive function, learning readiness, 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, groups or private classes, or at home.

For educators, therapists, 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
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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 8 weekends. 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 Reviews

"The 95-Hour training has given me the tools to better serve my students. The courses gave me so much insight into what children need and have made me a better educator. A life changing 6 months! " ~ Stephanie Trew, elementary school teacher

"Louise is a gifted yoga instructor with a passion for all children. The unique and comprehensive training will inspire you to go out and make a difference with the children in your life. You will be prepared, ready, and energized to teach!" ~ Gigi McIntire, School Counselor, Registered Yoga Teacher 200

"The Training with Louise and the other creators of inner peace improved my practice as a yogini and as an educator. I loved going in depth into the physiology and psychology of children, and learning how to support them in a fun and meaningful way. The connections made with like-minded practitioners was very special." ~ Claudia Fortoul Lander, Special Program Educator, Registered Yoga Teacher 200

2020 Course Information

DATES	COURSE / INSTRUCTOR	HR	PRICE
Jan 25-26	Creative Relaxation® Yoga for Autism and Special Needs Level 1 (includes book & video) Louise Goldberg	12	\$295
Feb 15-16	Early Childhood Yoga Veronica Barker-Aguirre	12	\$225
Feb 29 - March 1	Mindful Yoga for Children Beth Johnson	12	\$225
March 15	Classroom Yoga Breaks Module A-B (includes book) Louise Goldberg	8	\$165
April 4-5	YoMu: Yoga Music includes downloadable songs Mireia Canudas	12	\$225
April 18-19	Creative Relaxation® Yoga for Children with Autism and Special Needs Level 2 (CR1 Required) Louise Goldberg	12	\$225
May 2-3	Yoga for Teens and Young Adults Christine Apter	12	\$225
May 17	Classroom Yoga Breaks Module C-D: Louise Goldberg	8	\$150

PLUS 7 hours of non-contact hours, assistant teaching, or mentoring with one of the faculty. Credit for past Creative Relaxation® trainings is available.

Total Program cost: \$1745. Register for the entire series for the discounted rate of \$1500, including 2 textbooks, video, CD, all course manuals, and guaranteed 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, C-IAYT, RCYT Program Director, is founder of Creative Relaxation® and an international presenter on children's yoga. A yoga teacher since 1981, Louise was a consultant in the Broward Schools for over 30 years. She leads teacher trainings in Creative Relaxation® in the US and Europe. 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 owner/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 mindful awareness techniques into their schools, classrooms, and homes.



Veronica 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.



Mireia Canudas, RYT 500 combines her love of travel and yoga. Born in Barcelona, currently living in Amsterdam, she holds a BA in Physical Education and has over 20 years teaching in public and private schools. She has been teaching yoga and mindfulness since 2014. As a YoMu Master Coach, she conducts the mindfulness in movement programs in Europe, North America and Latin America.