



Pre-School Instructor Training



TEACH TO PRE-K CHILDREN and TEACHERS and PARENTS

Yoga Ed. Pre-K Curriculum for Children

- Develops Coordination, Strength, Balance
- Enhances Self-Awareness / Social Skills
- Playfully Integrates Mind and Body
- Teaches Peaceful Well-Being
- Includes 2 Developmental Levels

Yoga Ed. Tools for Pre-School Teachers:

- Fun Yoga Activities for Transitions
- Proven Effective Behavior Management
- Reduces Stress
- Increases Calm, Focus, Harmony
- Enhances Learning, Behavior, Stability

Curriculum Materials Include:

- 36 week Theme-Based Curriculum
- Teacher's Guide and Resources
- Illustrated Poses and Breathing Exercises
- Games, Visualizations and Projects
- Tools for Teachers Pre-K Manual
- CD of Songs

Dates: August 11 to 14, 2008

Monday through Thursday
9 am to 5 pm

Location:

Kundalini Yoga in the Loop
410 S Michigan Ave Suite 501
Chicago, IL 60605 – (312) 922-4699

Tuition: \$500 by July 10

Late Registration is \$50 Higher

Register: www.YogaEd.com

or call 310-471-1742

***PRE-REQUISITE:** minimum 3 years
of consistent yoga practice

Instructor
Abby Wills



EMBODY • EMPOWER • EXCEL