

MARY SCUDELLA, E-RYT® 200

Teaching Yoga To Kids

Hosted by **Studiolotus**

150 East Cook, Suite 103
Libertyville, IL

To Register:
Call StudioLotus at
847-549-7443
or register at the studio



April 28, 2012

1:00–5:00 pm

Register by April 15 and pay \$85
Register after April 15 for \$100

CEUs given for Yoga Alliance

For more information about Mary's
teachings visit:
www.omyogamom.com

Working with and teaching children is a career of passion and strength. Watching children grow and develop is one of the most exciting opportunities life can offer. Seeing the love in their eyes and the joy in their hearts makes each teacher's day worthwhile.

This course will enable you to bring the beauty of yoga into your work with children. If you already teach yoga to adults or if you work with children in a classroom environment, this workshop is for you. Learning the basics of teaching yoga to kids will enable you to nurture and enhance your children's lives. Through this workshop you will learn:

- ॐ A brief history of yoga and why it is so popular today.
- ॐ The benefits of teaching yoga to kids and what makes it ideal for a group environment.
- ॐ Yoga poses, games, and activities to use in the classroom.
- ॐ Ways to tailor yoga to different developmental abilities and stages.
- ॐ Breathing exercises to energize and to calm.
- ॐ How to incorporate the principles of yoga throughout each interaction you have with children.

Increase your toolbox by adding kids' yoga to your teaching repertoire. Enlighten your classroom environment and lift your own spirits as you let the light in your children's hearts shine!

Mary discovered yoga several years ago and became a teacher registered with the Yoga Alliance in 2005. Mary finds joy in leading yoga classes and workshops for both children and adults. She feels humbled when teaching children's yoga. The students' playfulness, honesty, and willingness to explore brighten her heart.

Mary says, "I am truly grateful each day that I walk on the path of yoga. It is my hope that I can share some part of this wonderful practice with my students, young and old, each time we step onto the mat so that we may carry the grace of yoga with us into the world."