

**Asana Alphabet™ presents
T is for Teacher:
Teaching children's yoga: Early Elementary Basics**



Saturday, October 27, 11:00am-5:30pm
\$125, Pre registered; \$165 day of
at 3rd Street Yoga Studio, Edmond, OK

Learn how to teach fun and effective yoga classes to kids!
This module focuses on ages 4-7 (grades PreK to Grade 2) Much of what
is covered can be tailored to both younger and older populations.

Discussions include:

- Developmental Stages of ages and grades
- Asana Appropriateness (yoga poses)
- Yoga Storytelling
- Kid friendly mantra and songs
- Kid friendly mudras
- Calming techniques and deep relaxation
- Methods for Controlling your class
- Integrating yoga into the classroom
- Video samples of yoga in the classroom.

Workshop price includes yoga song downloads, children's yoga book,
teaching guide, letter of completion, and other yoga goodies!

Workshop can be taken as a stand alone or as a prerequisite
to Asana Alphabet children's yoga certification.

For questions on course content: AsanaAlphabet@gmail.com or
visit www.AsanaAlphabet.com.

**Register direct with 3rd Street Yoga Studio
(info@3rdstreetyogastudio.com).**