



## RADIANT CHILD YOGA PROGRAM

with Cristin Tighe

### Teacher Training Immersion

Day 1: Giving Children the Gift of Yoga

Day 2: Growing in Awareness, Living Your Practice

Day 3: Heart & Soul Work with Children

## Insight Yoga & Wellness Center Cleveland, OH

A certification course for parents, yoga & schoolteachers, therapists, nannies/crèche staff, and anyone who wants to

### GIVE CHILDREN THE GIFT OF YOGA!

This insightful 30-hour program (developed by Shakta Khalsa) is designed for all yoga levels/traditions and all levels of experience with children. Certification given after at-home practicum, includes your own listing on [www.childrensyoga.com](http://www.childrensyoga.com) and [www.kidsandyoga.com](http://www.kidsandyoga.com). Course recognized for CECs with schools, therapy organizations, and Yoga Alliance. It includes 50% lecture/50% interactive activities/practice and serious fun!



#### Materials included (wholesale value \$220), 30% off retail:

- Radiant Child Yoga Program Manual
- Fly Like A Butterfly: Yoga for Children book
- 5 CD downloads: Children's Yoga Songs & Meditations, Happy, Cozy, Deeply Relax & Meditate, Present Moment Awareness
- Kundalini Yoga book
- Yoga in Motion DVD & DVD booklet

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**Trainer: Cristin Tighe**, MEM/MA, weaves varied elements into her teaching, creating challenge and joyful life-changing transformation. Students say their experience brings self-compassion, gratitude, positive awareness, and possibility. She founded Kids & Yoga! ([www.kidsandyoga.com](http://www.kidsandyoga.com)) and is a Kundalini Research Institute (International Teacher/Trainer), with advanced training in Conscious Pregnancy and Restorative Yoga. She owned Spiral Flight Yoga in DC, US for five years, then lived and taught in Belgium, Ghana and Haiti. She is certified in children's yoga by Itsy Bitsy Yoga (Babies, Little Families, Tots & Tykes), Next Generation Yoga, Samarya Center for Integrated Movement Therapy, Yoga 4Teens, Y.O.G.A. for Youth, Yoga Ed. (K-8 & Tools for Teachers) and Yoga for Special Child. Cristin has taught kids since 2003 and trained teachers internationally since 2005 in 8 countries. She is a Yoga Alliance E-RYT-500, RCYT/RPYT. [cristin@kidsandyoga.com](mailto:cristin@kidsandyoga.com) or 202-276-3521

#### DAYS & TIMES:

**November 2-5, 2018**

**Friday- Monday**

**5-9:30pm Fri & Mon eves**

**8am-6pm Sat & Sun**

#### For working with children:

- How to teach all ages from babies to teens
- Exploring breathing and meditation practices
- Brain-balancing yoga and Brain Gym skills
- Yoga in Motion songs, movements, games, dances that children love.
- Practical tips for focused and engaged classes
- Collaboration to create a unique yoga class
- Tools to keep children focused and engaged
- Business of children's yoga
- Yoga for Special Needs, SPD, ADD, Autism
- Adapting yoga for schools
- Development of children's energy field and chakras
- Yogic teachings about children and conscious parenting
- **One-on-one Mentorship with Cristin**

#### For you as their teacher/parent:

- Powerful yoga and meditation practices to become fully present to yourself and the children in your life.
- Practice conscious communication skills, such as Deep Listening and Engaging Cooperation
- Time for sharing and networking
- Keeping yourself centered no matter what!

**LOCATION:** Insight Yoga & Wellness Center, 25901 Emery Rd #112, Cleveland 44128

Hostess: Lisbeth Wolfe, [mettaflows@gmail.com](mailto:mettaflows@gmail.com), 440-591-7305

**REGISTER ONLINE:** [www.kidsandyoga.com/registration.html](http://www.kidsandyoga.com/registration.html)

\$600 early discount (coupon code RCYOH) or \$725 after 10/2, includes \$220 of materials, ongoing mentoring & Certificate. For payment plan or group discount, sign-up then email: [cristin@kidsandyoga.com](mailto:cristin@kidsandyoga.com).