



RADIANT CHILD
YOGA

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

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

GIVE CHILDREN THE GIFT OF YOGA!

A 30-hour program (developed by Shakti Khalsa) designed for all yoga levels/traditions and all levels of experience with Certification given after at-home practicum, includes your own listing on www.childrensyoga.com and www.kidsandyoga.com. Course recognized for CECs with schools, therapy organizations, and Yoga Alliance. 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

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) 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-500RPYT. 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 those working with children:

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

For you, as their teacher/parent:

- Powerful yoga/meditation practices to become fully present
- Practice conscious communication skills, (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, 440-591-7305

REGISTER ONLINE: 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.