



Radiant Child Yoga Program

as developed by Shakta Kaur Khalsa

A certificate training course for teachers, parents, therapists and all who would like to

Give Children the gift of Yoga

at Semperviva Yoga Studio

Sky Center, 2582 West Broadway (at Trafalgar), Vancouver, BC

Sun Center 2608 West Broadway, Vancouver, BC (enter through Greens and Gourmet Restaurant on Trafalgar)

Tel: 604.739.1958, Email: info@semperviva.com

Level 1: Friday October 17th 7:15pm - 10pm at Sky Centre &

Saturday October 18th 12:30pm - 4:45pm at Sun Centre, 6:00pm - 9:00pm at Sky Centre

Level 2: Sunday October 19th 11am - 4:00pm and 6:00pm - 9:00pm

- * Learn Yoga that helps with ADD/ADHD, Sensory Integration Dysfunction and special needs
- * Practice "Yoga as children would; with songs, games, meditation and partners."
- * Adapt Yoga for schools and integrate it into your curriculum
- * Learn Yoga techniques for children of all ages, with a focus on early childhood
- * Discover how to make Yoga fun and safe, as well how to empower children and keep them focused and cooperative
- * Share your gifts and explore your challenges in working with children

RCYP course materials include: RCYP Teacher Training Handbook; Fly Like a Butterfly: Yoga for Children by Shakta Kaur Khalsa and 3 Children's Yoga Songs CDs (Happy, Cozy and Fly Like a Butterfly) and Yoga in motion DVD for Level 1. Level 2 materials includes a Kundalini Yoga book and "Deeply relax and Meditate" CD by Shakta Kaur Khalsa.

Workshop is 55% lecture and 45% experiential Yoga practice. Certificate given upon completion and option to be listed on www.childrensyoga.com website as a children yoga teacher in your city.

Course approved by CEU's from Yoga Alliance.

Bring your own mat, pillows, water bottle, etc. for Yoga and floor sitting.

To register or inquire contact:

Email Sue Ducros by email at sducros@lululemon.com, phone at 613-355-9296 or contact SemperViva Yoga

Tuition

Radiant child Level 1 \$350; Radiant Child Level 2 \$200; Both \$550. \$525 early bird before September 30th .

Please mail money order or check payable to Sue Ducros: 139 Grove Ave, Ottawa, ON, K1S 3B2

\$20 processing fee will be charged for refunds.

Presented by

Sue Ducros, B.Sc, M.B.A

Radiant Child Yoga Facilitator,
Radiant Child levels 1 & 2,
Diploma Early Childhood Ed.,
Kundalini and Hatha teacher

** about Shakta Kaur Khalsa*

www.childrensyoga.com

*Kundalini Yoga teacher and
trainer. AMS Certified.
Montessori educator and
author. of several Yoga books.
The Radiant Child Yoga
program was born out of her
vision to change and uplift
the world through peace, yoga
and the next generation.*

