



CHILDPLAY YOGA

A creative and expressive yoga based program for children

The Childplay Yoga Program

This course is taught by the enthusiastic and energetic Gurudass Kaur, creator of The Childplay Yoga Program.



She has taught yoga and worked with children for over 30 years, holds a BA in Education from the University of Massachusetts and is a certified AMIS Montessori Teacher. She is a KRI and Yoga Alliance certified yoga teacher and trainer; and also a talented musician and singer who has recorded many mantra and song CD's. All of these talents come together to make her an exceptionally creative teacher and trainer of The Childplay Yoga Program. Gurudass Kaur resides in Virginia and is the mother of two children.

This 16 hr. in-depth training program is geared to anyone interested in offering creative, fun and empowering yoga oriented classes for children aged 3-12, teens and groups of adults.

It is also a program for adults who desire to awaken the playful child within. Many yoga teachers, from all traditions, can gain ideas, games and lighthearted techniques to do with adults outside the format of a structured yoga class. These techniques help create trust,

increase sensitivity, strengthen communication and build relationships and a sense of community!

With the Childplay Yoga Program children play at yoga to become more balanced physically, mentally, emotionally and spiritually. It provides the opportunity to enhance their coordination, balance, flexibility, group skills, sense of humor, self-esteem, concentration and to work out excess energy in a positive uplifting environment.

Become a children's yoga teacher!

- You will learn and experience the many possible components that can be mixed and matched to create dynamic and sensitive children's yoga classes.
- You will learn how to inspire the children to participate, hold their interest and attention while having tons of fun.
- You will learn how to set up a class to insure its success.
- You will experience first hand a wide array of creative games, exercises, postures, meditations, etc. for your classes.
- You will learn to create and encourage an atmosphere of joy and acceptance where children will discover their own sense of harmony.
- You will learn from an experienced professional what works and what doesn't!

Contact Gurudass Kaur
to Arrange a ChildPlay
Training in Your Area

(703) 431-4818

