



Bee You Kids Yoga Studio
74 Main Street
Manasquan, NJ 08736
www.beeyouyoga.com



TEACHER TRAINING

LEVEL 1 - LEARN TO TEACH YOGA & MINDFULNESS TO KIDS AGES 2-7

Saturday, January 18th & Sunday, January 19th, 2020

9:00am – 6:00pm both days

\$450 (EARLY BIRD PRICING \$400 before January 1, 2020)

Register at www.beeyouyoga.com (click on the teacher training tab)

This training is perfect for anyone that is interested in sharing the gift of yoga with kids; including teachers, parents, caregivers, therapists and yoga practitioners. Even if you're already experienced in teaching yoga to children, this course is a great way to add innovative and fun ideas into your classes, keeping them fresh and engaging.

Trainees will learn how to teach yoga classes to kids ages 2-7 with age appropriate yoga poses and activities, how to create theme based yoga classes, how to use self-calming, meditation and mindfulness techniques to help kids calm their bodies and minds. At the end of the 18 hours, trainees will be prepared to start their teaching journey and will have the opportunity to practice teach a group of children.

MAURA BRADLEY, E-RYT, RCYT, YACEP, CMI

Maura is the owner/founder of **Bee You Kids Yoga, LLC** and **Bee You Kids Yoga Studio** located in Manasquan, NJ. Maura is a registered children's yoga teacher and a registered yoga teacher with Yoga Alliance as well as a certified mindfulness instructor with Mindful Schools. Maura has taught thousands of children in weekly classes, summer camps and in schools throughout NJ. Currently, Maura leads teacher trainings both in her studio and in local schools and continues to teach children in weekly classes.



Bee You Yoga, LLC is Yoga Alliance Registered Children's Yoga School
Questions? Please contact Maura Bradley at (732)722-7133