



KIDS YOGA & MINDFULNESS TEACHER TRAINING **NOW ONLINE**

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

Friday, September 18th & Saturday, September 19th

10:00am – 4:00pm both days

NOW ONLY \$225 (originally \$450)

EARLY BIRD PRICING \$199 before September 1st, 2020

To register, please email beeyouyoga@gmail.com and you will receive a registration link

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

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 16 hours (12 hours online, trainees will be prepared to start their teaching journey whether in person or online

MAURA BRADLEY, E-RYT200, 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 adult 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