

# Mira Binzen

## Children's Yoga Teacher Training & Certification 2018

**One weekend per month for 6 months**

**January 27 - June 24, 2018**

**Saturday - Sunday, 9:00-5:30 pm**

95 Hour Certification

January 27-28 / February 24-25 / March 24-25 / April 21-22 /

May 19-20 / June 23-24

\$1795 by Friday, December 15, 2017;

\$1995 thereafter

4.5% added for credit card transactions.



**This comprehensive training program** is for yoga teachers who wish to specialize in teaching Yoga to children. This program will give you the specialized tools and techniques for making Yoga engaging, effective and safe for kids of all ages. Once completed, you will have the necessary training required to register with Yoga Alliance as a Registered Children's Yoga Teacher (RCYT). You must also complete 30 hours of teaching after you are certified before you can register.



This training will teach you:

- **Sound Child Development Principles.** When you understand where a child is at developmentally, you can plan a practice that is safe and engaging. This is at the heart of our training and you will gain the confidence to meet each child as they are.
- **Sensory Integration.** Each child responds to the world based on how they perceive it through the senses. Learn what sensory integration is and how it influences a child's mood, behavior and ability to learn. The practice of Yoga supports optimal sensory functioning so you can help kids feel good on all levels.
- **Cooperative Classroom Strategies.** Every behavior emitted is an attempt to meet a need. Learn how to recognize the need behind the behavior. You will also learn techniques that create calm, positive energy in your yoga classes - and your life.
- **Yoga Nidra.** This is a deeply transformative practice. Yoga nidra sessions during the training will help to integrate your learning experiences. You will then learn how to deliver this practice to children. Help them learn to self-regulate and develop self-mastery.
- **Personal Practice.** There is no nurturing anyone until you have nurtured yourself. Develop or transform your personal practice to become a deep well of energy, inspiration and calm. We strive to help you live a life of purpose, connection and ease.
- **Lots of Yoga Techniques!** You will learn a catalog of techniques – breathing, postures, relaxation, mudras, meditation and more. All designed to be safe, engaging and effective for each child's developmental need.
- **Fun!** When was the last time you got to gather with a group of amazing people to laugh and play for days? Our comprehensive training is grounded in hands-on learning and when it comes to kids, that means FUN!



**MIRA BINZEN** is the Co-Founder/Director of Training at Global Family Yoga. She is a registered yoga teacher with Yoga Alliance at the 500-hour level (E-RYT, RCYT), a certified iRest Yoga Nidra teacher and a professional Integrative Yoga Therapist (1,000-hour level certificate). She holds a degree in Child Psychology from The University of Minnesota's Institute of Child Development, with specialized study in Communication Disorders. She has been training people to teach yoga to children since 2002.



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### STUDENT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### PAYMENT

Prairie Yoga accepts cash, check, or credit cards (added 4% credit card transaction fee). Please make all checks payable to Prairie Yoga. Returned checks subject to \$50 fee.

\_\_\_\_\_ **\$1795 by Friday, December 15, 2017** \_\_\_\_\_ **\$1995 thereafter**

*If paying by credit card (4.5% transaction fee will be added):*

Credit Card #: \_\_\_\_\_

Expiration: \_\_\_\_\_ 3-digit security code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one month prior to the start of the event**, you may request a refund less 15%.
- For refund requests **less than one month and more than 2 weeks** prior to the start of the event, you may request a refund less 50%.
- No refunds or credits will be given for cancellations **less than two weeks** prior to the event.
- If you **do not show up** for an event, no refunds or credit will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/ days that you are absent or unable to attend** (includes class series and workshops). We appreciate



**PRAIRIE YOGA** / ALIGN YOUR SELF®

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