

Mira Binzen

Free Sampler: Children's Yoga Teacher Training

Saturday, December 9, 2017

10:30 am- 12:30 pm

FREE

Pre-registration required

For those interested in working with children in the classroom or at home



THIS FREE, INFORMATIVE SESSION is intended for educators, health care professionals, yoga instructors, coaches, parents and anyone passionate about this revolution in children's wellness. In this playful and interactive workshop you will:

- Learn about our 95-Hour Children's Yoga Teacher Training Certification to take place at Prairie Yoga starting January 27, 2018.
- Meet Mira Binzen, the instructor of the certification program, and have the opportunity to ask her all your questions in a welcoming environment.
- Play Games! Learn fun yoga games to play with kids at home or in the classroom.
- Discover the three levels of teaching you will need to facilitate an effective, engaging, FUN and safe yoga practice for children.

Both practice and discussion are included so dress comfortably and be ready to play. Children are welcome!



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.

STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____