

Hari Om!

Dear Yoga Teacher:

We are pleased to announce that Children's Yoga Teacher Training will be offered here at the San Francisco Integral Yoga Institute led by our long-time teacher Madhuri Flynn. This in-depth study of teaching Yoga to children is an advanced training suitable for Yoga teachers who have completed a Yoga Alliance-certified basic teacher training.

Children benefit greatly from the joy of moving their bodies in creative non-competitive ways, and learning how to truly relax allows children to better face the challenges of our modern lifestyles. By providing engaging activities that are accessible to children, you can help children build the kind of self-esteem that is rooted in who we are rather than what we can do.

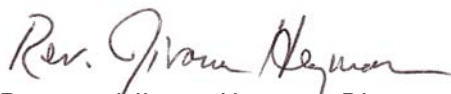
In the training we will cover age-appropriate practices for centering, asana, relaxation/yoga nidra, pranayama, meditation, and chanting/sound vibration. This training prepares Yoga teachers to share the beautiful teachings of Yoga with children of all ages. This course will cover how to share all the aspects of an Integral Yoga class, incorporating all the paths of Yoga - Hatha Yoga, Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga.

This advanced training will be an interactive, workshop-style program, and we hope to utilize your knowledge and experience. With this intention, participants will be required to have a daily Hatha Yoga, pranayama and meditation practice, and attend all sessions. You will also be asked to take four Children's Yoga classes outside of class time and evaluate them. Graduates will receive a diploma certifying them to teach Integral Yoga Children's Yoga.

Tuition for the training is \$800 - or \$750 for active SFIYI teachers. The course will begin on Tuesday, September 16, 2008. We will meet on Tuesdays from 6:00pm to 9:00pm, and Sundays from 9:00am to 5:00pm. Graduation will be held on Tuesday, October 14, 2008.

Please complete the enclosed application and return it to me by the application deadline of September 2, along with a \$100 deposit. The balance of the tuition is due on the first night of the training. There will be no refunds after the start of the training. Please feel free to call me or email me with any further questions. May your life be filled with peace and joy, love and light!

OM Shanthi,



Reverend Jivana Heyman, Director of Teacher Training

[training@IntegralYogaSF.org](mailto:training@IntegralYogaSF.org)

(415) 821-1117 x375

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Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Home Phone \_\_\_\_\_

Occupation \_\_\_\_\_ Email \_\_\_\_\_

Business Address \_\_\_\_\_

\_\_\_\_\_ Business Phone \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Please list all Yoga Teacher Training you have completed, including dates. \_\_\_\_\_

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What, if any, experience do you have working with children? \_\_\_\_\_

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Please describe those factors in your personal and spiritual background that have led you to apply for Children's Yoga Teacher Training. Please indicate how you intend to use the knowledge gained here. Include any other information that you think might be useful.

*Thank you, OM Shanthi.*