

Kids Yoga Teacher Training
Summer Certification Program Information

Sunday, July 15 – Monday, July 27, 2018

A Registered Children’s Yoga School (RCYS)

Dear Friends,

Thank you for considering our Kids Yoga Teacher Certificate program this summer in beautiful Burlington, Ontario, Canada. This information kit will provide you with details of the training, how to get here, and accommodation information to allow you to prepare for the program.

If you have any questions contact:

Aruna Kathy Humphrys
 www.YoungYogaMasters.com
 info@YoungYogaMasters.com
 Phone: 416-944-2888



Schedule, Dates & Times

Course Dates: July 15 – 27, 2018
 (no training July 21)

Training Hours: 9 am – 6 pm

You Can Attend One or More Modules:

- Take 1 or More Certificates to Discover Kids Yoga or Complete your training from Toronto
- Take 3 Certificates in one Week – choose Week 1 or Week 2
- Take 6 Certificates in two Weeks and complete your 95 Hour Certification

<h2 style="margin: 0;">Kids Yoga Teacher - Summer Certification</h2>						
Daily Hours: 9 am – 6 pm			Location: Art Gallery of Burlington, Ontario, Canada			
Sunday July 15	Monday July 16	Tuesday July 17	Weds July 18	Thursday July 19	Friday July 20	Saturday July 21
Mindfulness For Children 16 Hour Certificate		Yoga Literacy 16 Hour Certificate		Themes & Dreams 16 Hour Certificate		No Training
Sunday July 22	Monday July 23	Tuesday July 24	Weds July 25	Thursday July 26	Friday July 27	
Inclusive Yoga 16 Hour Certificate		Kids Yoga, Family Yoga, Chakras for Children 16 Hour Certificate		Level 2: Mastermind 16 Hour Certificate		

Location of Training

The training is based at: **Art Gallery of Burlington (AGB) – Downtown Burlington**
1333 Lakeshore Rd, Burlington, ON L7S 1A9



The training will be held in the Shoreline room, with natural sunlight streaming in through the wall of windows and a stunning view of the water and Lake Ontario.

More information is available at: <http://artgalleryofburlington.com> (905) 632-7796

Map to The Art Gallery of Burlington

Location for Kids Yoga Teacher Certification

This is a link to the Art Gallery of Burlington Location on Google Maps:

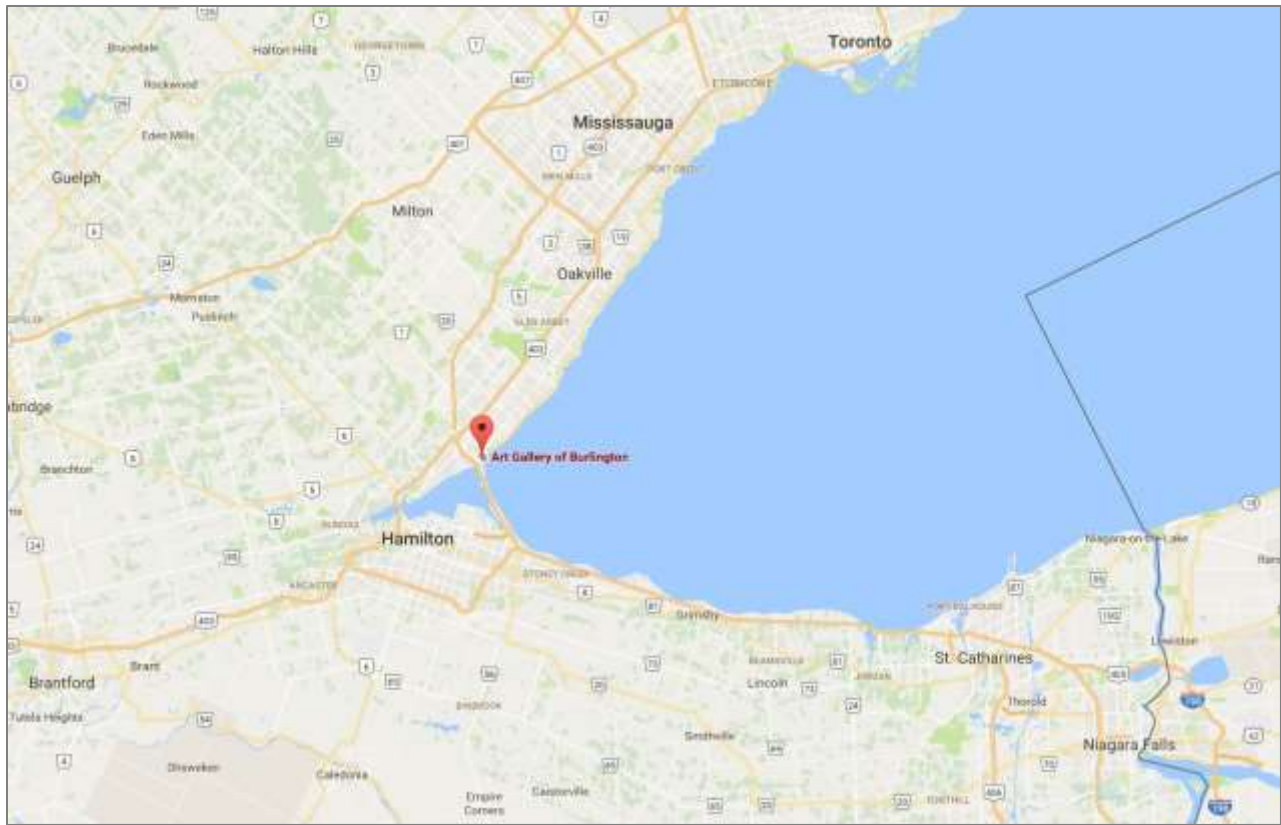
<https://www.google.ca/maps/place/Art+Gallery+of+Burlington/@43.3207332,-79.8030658,16.75z/data=!4m5!3m4!1s0x882c9e3be036103f:0xc64b49ae49422839!8m2!3d43.3209014!4d-79.800601>



The Art Gallery of Burlington is walking distance and close to restaurants, shops, yoga studios, the waterfront trail and Spencer Park.



The Art Gallery is easily accessible from major highways and 2 minutes off the QEW Hwy.



Burlington is conveniently located to the surrounding GTA and Golden Horseshoe areas.

Accessible by all major highways and by the Go Train, it is approximately 35-45 minutes from the Toronto area, Guelph, Kitchener & Cambridge areas and the Niagara area.



Registration: Save with Early Bird Specials!

Early Registration is highly recommended for the full training and individual modules.

Rates for Full Certification – All 6 Modules:

Note: With full registration in all 6 Modules, a \$500 deposit will hold your space.

- Regular Registration: CAD \$2100 + tax* (\$350 per module)
- (Includes All 6 Certificates, all manuals, yoga cards, posters, props, and books)

* Note a \$1050+ tax deposit will hold your space when you register for the full Summer Certification. Balance due on June 15/18. Course begins in Burlington July 15/18.

Rates for Individual Module Certificates:

- Three Certificate Special: CAD\$1050 + tax (\$350 per Module)
- Two Certificates: CAD \$730 + tax (\$365 per Module)
- One Certificate: CAD \$399 + tax if registered 2 weeks in advance, \$425 + tax regular rate

*In Canada, taxes are extra (13% HST).

How to Secure Your Space:

- **Register by any of these methods:** See the Early Bird specials and registration details visit: <http://teach.youngyogamasters.com/registrations/>
 1. INTERAC e-Transfer send to info@YoungYogaMasters.com
With the security password: **BURLINGTON**
 2. Cheque to “Young Yoga Masters” and mail to: 248 West Ave. North, Toronto, Ontario
 3. Paypal using Credit Card or Paypal account register on our website at:
<https://youngyogamasters.com/registration/>
- **Arrange Your Accommodations (if needed)**
See Accommodation information below.

Full Registration in Burlington Summer Certification Includes:

- Kids Yoga Teacher Certificate from Young Yoga Masters, a Yoga Alliance Registered Children's Yoga School Including 18 Practicum Hours at the local YMCA Kids Camps where you will observe Aruna teaching and gain valuable hands-on experience when you teach classes from the course lesson plans.
- All Teacher Training Manuals and Handouts
- The Frog Yoga Alphabet Teacher Training Double Pack, Colour Yoga Flash Cards, Colour Alphabet Book, Yoga Stickers, and PDF
- Yoga Man vs. The Stressor – Yoga for Boys colouring pages and PDF
- Plus you'll take home wonderful bonus games, activities, and props!

What to Bring for the Training

Typical temperatures in August in Burlington are a High of 27 degrees Celsius (80 degrees Fahrenheit) and a Low of 16 degrees Celsius (60 degrees Fahrenheit). We recommend you bring:

- Lots of yoga clothes, consider packing layers for hot summer days and cooler nights.
- Yoga mat, cushion, any other props to assist for sitting on the floor during the training.
- Pen and notebook.
- Water bottle (only drinks with lids are allowed in studio).
- Shawl or sweater for relaxation times.

Reminder: Be sure to allow room in your travel luggage to bring back to your home your Kids Yoga Teacher Training course materials which include 6 manuals, 2 books, a poster, a breathing ball and a few smaller items (approximate weight for those flying: 7 kg/15 lbs).

Accommodations

For those travelling from out of town, or for those in the GTA that would like to eliminate a morning commute, consider these accommodations:

- **[Heart Of Burlington Bed and Breakfast](#)**: Rooms from \$80 up for this bed and breakfast with a 5 star rating on Trip Advisor. A 10 minute walk to the training. With only 3 rooms available we recommend you book early.
- **[The Waterfront Hotel Downtown Burlington](#)**: The training is held within walking distance of the Waterfront Hotel. Rooms start at \$159 per night and include **Complimentary hot breakfast** served in the hotel's restaurant the "Beaver and Bulldog. Guests receive **1 complimentary parking spot**, and **free high speed internet** access. **Book a room at The Waterfront Hotel: Call 905-681-5400 or Email reservations@thewaterfrontdowntown.com**
- **[Homewood Suites by Hilton Burlington](#)**: This hotel is about a 10 minute drive from the training. The suites at the Homewood have kitchens for those who want to be able to cook. Rooms start at \$149 per night and **include free hot breakfast and have specials with complimentary dinner and drinks Monday – Thursday nights** (confirm this special at time of reservation). They also have one and two bedroom suites with two, three, and four beds in each suite from \$219 per night.

***To Find a Potential Room Mate to Share a Room, Visit our Facebook Page Here:**

<https://www.facebook.com/events/164296820935706/> & leave a comment to connect with others.

Meals

Lunch will be 1 hour each day (lunch not included). You can organize a bag lunch, eat out at one of the many restaurants, all within walking distance from the Art Gallery of Burlington.

Where to Eat: There are many restaurants all within walking distance from the Art Gallery of Burlington.

Just some of the Recommended Restaurants in Burlington close to The Art Gallery of Burlington:

Lettuce Love Cafe

399 John Street, Burlington, Ontario, L7R 2K3 905-637-2700 www.lettucelovecafe.com

This restaurant is 100% Healthy, Vegan, Gluten-Free. They serve Raw Food, Smoothies, Soups, Salads, Burgers etc

Rude Native Bistro & Lounge

370 Brant Street, Burlington, Ontario, L7R 2E8

905-632-6682 www.rudenative.com

Wide variety of interesting dishes.

Eatalia

527 Brant Street, Burlington, Ontario
905-634-3300 www.eatalia.ca
Italian food

Spencers

1340 Lakeshore Road Burlington, Ontario L7S 1B1
905-633-7494 <http://spencers.ca/>
Wide variety of interesting dishes.



Spencers Restaurant

Kelly's Bake Shoppe

401 Brant Street, Burlington, Ontario
905-33-1400 www.kellysxo.com
Healthy, Gluten-Free, Vegan, Peanut-Free, Cupcakes, Muffins and Desserts

Directions: Art Gallery of Burlington - Downtown Burlington

1333 Lakeshore Rd, Burlington, ON L7S 1A9

To Share a Ride or Shuttle from an Airport, Visit Our Facebook Page:

<https://www.facebook.com/groups/KidsYogaTeacherCertificationBurlington2017/>

and leave a comment to connect with others.

Burlington Ontario Canada is:

- 54 Kilometers from Toronto Pearson Airport (YYZ), Ontario
- 60 Kilometers from Billy Bishop Airport
- 118 Kilometers (72 Miles) from the Buffalo International Airport

Arriving by Airplane

Hamilton International Airport (YHM) –Hamilton, ON, Canada

<http://flyhamilton.ca/passenger/flights/airlines/>

The closest airport to Burlington is Hamilton International Airport (YHM), 34 km from the training. It is much smaller than Pearson and has limited airlines and flights.

When arriving at Hamilton Airport you have 3 options to get to The Art Gallery of Burlington:

- **Taxi: Blue Line Taxi:** Takes about 20-30 minutes. Approximately \$60 - \$70.
www.525blue.com/
- **Limo: Burlington Limo:** Contact in advance to book. Approximately \$125
www.burlingtonlimo.com/
- **Shuttle: Airways Transit:** Contact a week in advance to book this shuttle service. Approximately \$61 and price of shuttle can be split with another passenger
www.airwaystransit.com

Toronto Pearson International Airport (YYZ) – Toronto, ON, Canada

www.torontopearson.com/# closest major airport - 54 km from the training.

When arriving at Pearson Airport you have 3 options to get to The Art Gallery of Burlington:

- **Taxi: Aeroport Taxi:** Takes approximately 35-45 mins. Approximately \$79 (book ahead of time to guarantee a taxi) www.aeroporttaxi.com/pick-up-from-airport.html
- **Limo: Burlington Limo:** Contact in advance to book. Approximately \$70 (+ tax & tip \$104)
www.burlingtonlimo.com
- **Shuttle: Airways Transit:** Contact a week in advance to book this shuttle service. Approximately \$82 and price of shuttle may be split with another passenger
www.AirwaysTransit.com

Billy Bishop Airport (YTZ) – Downtown Toronto Island Airport

This airport is much smaller than Pearson but is closer to downtown Toronto, Union Station, and the Go Train Terminal. It is 60 km from the training. <http://www.torontoport.com/airport.aspx>
For Go Train info see below.

- **Airport Shuttle to Union Station:** Take Go Train to Burlington from Union Station. Free shuttle runs approximately every 15 minutes and in 5-10 minutes brings passengers to Union Station.
- **Taxi: Aeroport Taxi:** Takes approximately 50-60 mins to Burlington. Approximately \$100 and price of the limo can be split with another passenger. www.aeroporttaxi.com/pick-up-from-airport.html
- **Limo: Burlington Limo:** Contact in advance to book. Approximately \$70 (+ tax & tip \$104) www.burlingtonlimo.com
- **Limo: Airline Limo:** Call when you arrive at the airport. No pre-booking. 1-800-263-5466. Approximately \$122 (tax included) up to 4 passengers in the vehicle and may be split with another passengers. Approximately 60 minutes to Burlington. <http://airlinelimo.com/contact-us/>

Buffalo International Airport (BUF) and Shuttle Information - USA

The Buffalo International Airport is 118 km from the training. There are several Ground Transportation options.

- **Limo Service Burlington** 905-616-5466 www.limoserviceBurlington.ca \$160 Approximate time 1.5 hour
- **Burlington Limo:** www.burlingtonlimo.com Approximately \$175 Approximate time: 1.5 hour
- **Niagara Air Bus** www.niagaraairbus.com 905-374-8111. Approximately \$318 one way and 2.5 hours.
- **Taxi: Burlington Taxi** - 905-333-3333 Only can bring someone to the Buffalo Airport Approximately \$200 Approximately 1.5 hour.

Arriving by Public Transit - Go Train

Go Train from Downtown Union Station in Toronto, Ontario, Canada

Route: Lakeshore West Line

Destination: Burlington Go Train

Frequency: The Go Train runs approximately every half hour.

Time: The Go Train from Union Station to Burlington Train Station is 60 minutes.

Rate: Approximately \$11 one way.

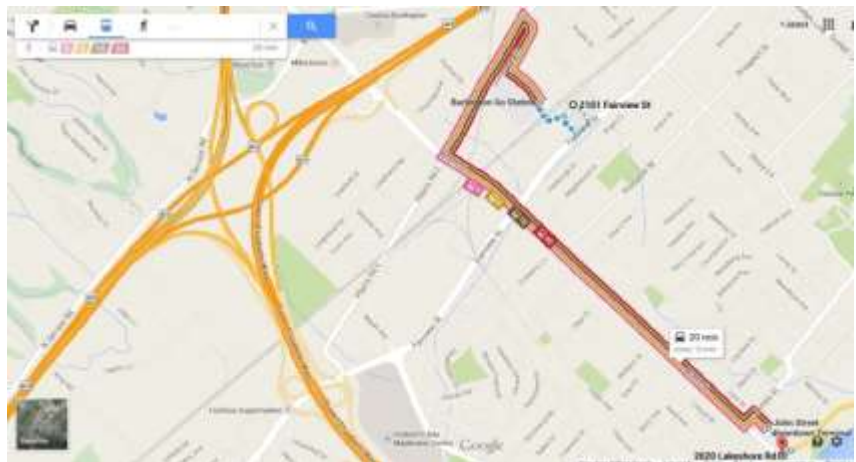
Go Transit Website: http://www.go-transit.com/timetables/en/schedules/full_schedules.aspx

Schedule Link:

http://www.go-transit.com/timetables/en/schedules/schedules_window.aspx?tableid=01&dir=E&date=2016-12-02&parentid=1

Once at the Burlington Go Station you can:

1. **Taxi: Burlington Taxi:** Take a taxi to the Art Gallery of Burlington
<http://burlingtontaxi.com/>
Call when you arrive at the Burlington Go Station 905-333-3333.
Approximately \$9 and Time 10 minutes.
2. **Bus:** Take the Bus #Route 3, 5, 10, 50 (buses run every 15 minutes and the journey is approximately 20 minutes to the AGB).



<http://cms.burlington.ca/Page6029.aspx?saddr=2101+Fairview+St%2C+Burlington%2C+ON+%28Burlington+GO+Station%29&daddr=2020+lakeshore+road%2C+burlington%2C+ontario&date=10%2F11%2F2014&time=12%3A04PM&ttype=dep>

Bus Routes in Burlington: <http://cms.burlington.ca/AssetFactory.aspx?did=28580>

Bus Stops at Burlington Go Station: <http://cms.burlington.ca/AssetFactory.aspx?did=29226>

Arriving by Car

To Share a Ride Visit Our Facebook Page:

<https://www.facebook.com/groups/KidsYogaTeacherCertificationBurlington2017/>

and leave a comment to connect with others.

Driving From Hamilton Airport YHM

1. Hwy 6 North to Hwy 403 East to QEW Niagara
2. Exit #97 North Shore Blvd/Eastport Drive
3. Turn left onto North Shore Blvd
4. Art Gallery of Burlington will be on the left across from the park (2-4 minute drive)

Driving From Downtown Toronto

1. Take Gardiner/QEW West to Hamilton/Niagara Falls
2. Exit #97 North Shore Blvd / Eastport Drive
3. Turn left onto North Shore Blvd
4. Art Gallery of Burlington will be on the left across from the park (2-4 minute drive)

Driving from Toronto Airport YYZ

1. 427 South
2. Merge onto QEW West Hamilton
3. Exit #97 North Shore Blvd / Eastport Drive
4. Turn left onto North Shore Blvd
5. Art Gallery of Burlington will be on the left across from the park (2-4 minute drive)

Driving From Niagara Falls:

1. QEW East
2. Exit #97 North Shore Blvd/Eastport Drive
3. Turn right onto North Shore Blvd
4. Art Gallery of Burlington will be on the left across from the park (2-4 minute drive)

Driving From Fort Erie

1. Take QEW East to Toronto
2. Exit #97 North Shore Blvd/Eastport Drive
3. Turn right onto North Shore Blvd
4. Art Gallery of Burlington will be on the left across from the park (2-4 minute drive)

Local Sites and Resources:

Burlington has a beautiful downtown core with a lovely waterfront area, great walking trail, and trendy downtown core with boutiques and cafes.



All pictures are from the Burlington area. For more information about what Burlington has to

offer go to: <http://www.tourismburlington.com/>

Sight Seeing in the GTA and Golden Horseshoe Area

Considering exploring these popular tourist locations on your day off on Saturday, July 29, 2017

Toronto, Ontario

Visit the famous CN Tower, and have a thrill doing the outdoor Edge Walk, or the indoor Glass Floor experience. Explore the vibrant downtown core of Toronto including unlimited shopping at the Eaton Centre and Chinatown. Visit the extensive collections at the Art Gallery of Ontario (AGO), and the Royal Ontario Museum (ROM).



Edge Walk



Glass Floor

Niagara Falls, Ontario:

Niagara Falls is one of the biggest attractions in Canada. <http://niagarafallstourism.com/>

Take in the **Butterfly Conservatory** also a highlight in Niagara.

<http://www.niagaraparks.com/niagara-falls-attractions/butterfly-conservatory.html>



For Any Other Information Give Us a Call or Email

Come give yourself a summer to remember and get your Kids Yoga Teaching Certificate.

If you have any questions about whether this training is right for you, please call Aruna for a free consultation.

Aruna Kathy Humphrys

Phone: 416-944-2888

info@YoungYogaMasters.com

www.YoungYogaMasters.com



Young Yoga Masters

KIDS YOGA TEACHER TRAINING THAT COUNTS!

Register early to reserve your spot.

<http://teach.youngyogamasters.com/registrations/>

You may be surprised how much teaching yoga to children changes your own life too!