



RADIANT CHILD
— YOGA —

Learn to Teach Children Yoga

Radiant Child Yoga Level 1-2
November 16-18, 2018

Friday 5:30-8:30, Saturday & Sunday 8:00-4:30

Location: Anishinabe Spiritual Centre
1091 Anderson Lake Road Espanola, ON P5E 1T1
Tuition: \$550 before Oct. 16, 2018 \$625 after
e-mail: sunbeamfamilyyoga@gmail.com
www.sunbeamyoga.com

- Yoga for tots to teens
- Yoga stories, games, songs
- Practical tools for focus and calm
- Yoga for Autism and ADHD
- Meditation, mindfulness, and breath practice
- Class management and centering tools
- Physical and energetic child development
- Includes in-class practice and over \$225 in materials

RCY is an innovative 20-hour training program designed for teachers, therapists, parents, caregivers, and everyone who wishes to share the benefits of yoga with children. It provides self-calming and empowering techniques for children of all ages and abilities.

RCY 1-2 is both a comprehensive stand-alone training and the first 20 hours of full certification with Radiant Child Family Yoga 200-hour and 95-hour Yoga Alliance accredited programs.



RCY was established in 1999 and its founder Shakta Khalsa is one of the original leaders of the children's yoga movement. RCY has trained tens of thousands of children's yoga teachers worldwide, including Cindy Stewart. Cindy resides in Massey ON with her husband and 5 young children. She is an RYT-200 certified teacher through Radiant Child Yoga and is also a certified Kundalini Yoga Teacher. Cindy has been working with children since she herself was a child, and as such has an amazing amount of experience with children.

"Yoga creates children who are bright lights in this world." Shakta Khalsa