

# Angel Bear Yoga Teacher Training

Teaching children ages 2-9



**Saturday, May 22, 2010**

12 noon - 8 p.m.

Kula Yoga, Austin, TX

512-542-3334



Angel Bear Yoga™ was created as a way to nurture the spirit of a child and foster a sense of wonder for the natural world using yoga as the tool.

Learn physical poses, breathing exercises, heart affirmations, visualizations, relaxation, and creative exercises in this complete Yoga for Kids program!

During this one-day training, learn everything you need to know to lead children's yoga classes in your community. Receive a certificate after successful course completion.

**Location:** Kula Yoga, Austin, TX,  
512-542-3334, [AustinKulaYoga.com](http://AustinKulaYoga.com)

**Registration:** [AngelBearYoga.com](http://AngelBearYoga.com)

**Cost:** \$180 + \$50 registration fee, includes main lesson book. Register by 4/17/10 to receive bonus materials.

Founder **Christi Eley** is a Certified Yoga Instructor, with credentials through YogaKids (Phase I), and YogaEd. She is an IAIM Certified Infant Massage Instructor, Itsy Bitsy Yoga trained, as well as Prenatal/ Postnatal Yoga Certified.

**Ideal for Parents, Caregivers, Yoga Teachers and Educators.**

### **Curriculums include:**

- Angel Bear Yoga Main Curriculum
- A year's worth of lesson plans with 50 character traits and over 300 nature poses
- Literacy Curriculum - bringing books alive with yoga poses
- Calm Cottontails - 10 easy lesson plans for calming techniques
- Amazing Animals - 25 lesson plans on amazing animals
- How to lead a week-long summer camp with yoga and endangered animal themes!

