

FLOW KIDZ TEACHER TRAINING BRANDI

Join Master Kids Yoga teacher, Brandi Allen for the first formalized Kids Yoga Teacher Training (KYTT) program in Utah. Brandi has been teaching children for 10 years and is recognized as one of the top kids yoga instructors in Salt lake City. We are thrilled to offer this amazing opportunity to the community of teachers, parents, and those who desire to share the gift of yoga with children.

Module 1: Intro to Yoga w/ Children

August 13-15

Yoga History & Philosophy for Kids & Teachers

Module 2: Yoga in the Classroom

September 10-12

Theory & Practice of Teaching

Module 3: Learning Postures w/ Play

October 8-10

Theory & Practice of Yoga Through Play

\$295 per module, or \$1275 for all five (save \$200)

Fridays 6-8pm, Saturdays 1-5pm and Sundays 8am-5pm

Additional Requirements for Certification

- Keep log of classes attended at Flow Yoga
- Observe and/or assist in 8 children's yoga classes
- Complete and turn in homework
- Write 10 lesson plans and teach to a group of 3 or more children

Required Reading

- Living Your Yoga by Judith Hanson Lasater
- YogaKids: Educating the Whole Child Through Yoga by Marsha Wenig
- Fly Like a Butterfly: Yoga for Children by Shakta Kaur Khalsa
- Yoga for Children by Mary Stewart and Kathy Phillips
- I Believe in Me: A Book of Affirmations by Connie Bowen
- 1-2-3 Magic: Effective Discipline for Children 2-12 by Thomas W. Phelan, Ph.D.
- Peaceful Piggy Meditation by Kerry Lee MacLean
- My Many Colored Days by Dr. Seuss

Register today in person or by phone

Flow Yoga | 2065 East 2100 South

Salt Lake City | 801-485-5933

About Brandi

Brandi completed her studies in Elementary Education at the University of Utah in 1991. She currently teaches at a Montessori school and specializes in "Kids Yoga" at Flow. In addition to her regular teaching schedule, Brandi also has, with Jennifer Ellen, developed the Kids Yoga Teacher Training at Flow in hopes that more children will have the opportunity to develop the many life skills that yoga has to offer.

Module 4: Creating Peace with Breath, Meditation and Chanting

November 12-14

Pranayama, Meditation & Chant for Children

Module 5: Experiential Learning

December 10-12

Get Out There & Teach!



flowyogaslc



www.flowyogaslc.com
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