

Train to be a qualified CHILDREN'S YOGA TEACHER

SUN YOGA KIDS TEACHER TRAINING PROGRAMME

July 14 - 16, 2017
Elanda Villa, Cap d'Ail

Why train to be a Sun Yoga Kids Teacher?

Sun Yoga Kids Teacher Training Programme is offered by Sun Yoga, a USA Yoga Alliance Registered school which was established in 2000. To date, Sun Yoga has trained over 600 teachers from all over the world.



THE TRAINING

The Sun Yoga Kids Teacher Training Programme covers all elements of the USA Yoga Alliance Registered Yoga Teacher @ 200 hours.

We do the following:

1. Anatomy & Physiology of Growing Children;
2. Techniques - understanding the core yoga poses;
3. Teaching Methodology - learning how to teach yoga to children;
4. Practicum - creating lesson plans for children's yoga classes;
5. Philosophy, Ethics & Lifestyle - yoga philosophy through beautiful storytelling.

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Be part of the Sun Yoga global family!



Photo: Sun Yoga Kids at Bikram Yoga Jakarta, March 2017

The facilitator

Dr Jacqueline Koay is a yogi, a mother of five, an author and the founder of Sun Yoga. She is passionate about yoga, the human body, nature and creative work. Jacqueline teaches extensively all over the world and in particular, she loves the joy of teaching Sun Yoga Kids.



No pre-requisite. So long as you love children, have an open mind and know some yoga.

This course encourages you to deepen your own practice as you grow in your teaching.



COST:350 EUROS

To include:

- 1. 20 hours training;**
- 2. Teacher training manual;**
- 3. Course textbook**
- 4. Reading material**
- 5. Children's Yoga Music CD**