

Each of us is born with the freedom to dream -to create a life we love

# YOGA for YOUTH

## Teacher Orientation Workshop

### With Krishna Kaur



11 Hour course in preparation for teaching

## AT-RISK YOUTH

*The Yoga House of Bellevue*

12015 N.E. 8th St. | Bellevue, WA

**Saturday, March 5<sup>th</sup>, 12:00–5:30 pm**

**\*Sunday, March 6<sup>th</sup>, 9:00–3:30 pm**

\*Lunch: Sack or Local Restaurant

- Tap into your inner wisdom • Extend your boundaries of what's possible
- Deepen your own yoga practice • Develop teaching tools for all ages
- Creative approaches to reaching “at risk” youth • A sample course curriculum
- How to handle difficulties that may arise in class • Handling your own hurt feelings
- How to set up a class (who to call & how to follow up)
- How to discuss Yoga so program directors will be more open
- The do's and don'ts of working with incarcerated minors (legal and constitutional)

\$250 pre paid \$280 at the door

**To Register:** (323) 735-0500

whatsup@yogaforyouth.org | [www.yogaforyouth.com](http://www.yogaforyouth.com)

Make checks payable to Y.O.G.A. Inc.

1035 South Cloverdale Avenue | Los Angeles, CA 90019

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Style of yoga \_\_\_\_\_ Year's teaching \_\_\_\_\_ **Sat Nam!**

Local Sponsors: [www.jailhouseyoga.com](http://www.jailhouseyoga.com) [www.yogahouseofbellevue.com](http://www.yogahouseofbellevue.com)