

TEACHCHILDRENYOGA

...seriously fun training and resources from **KARMA TIME!**

Karmatime Children's Yoga Teacher Training 2011

Course Outline

Dates:	Saturday 17 th & Sunday 18 th June 2011 Saturday 10 th & Sunday 11 th September 2011
Total Hours:	Contact = 26 hours Non-contact (home-study) = 26 hours Total = 52 hours
Venue:	The Lyceum, Bath Road, Port Sunlight Village, Wirral, CH62 4UJ
Price:	Early Bird Price = £695 (when booked before May 1 st 2011) Normal Price = £895 (when booked after May 1 st 2011)

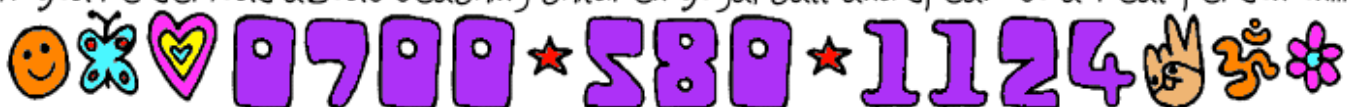
N.B. It is strongly recommended that you complete both weekends although this is not compulsory. For details of special arrangements and prices for those working with one key stage please see below*.



The comprehensive 52 hour Karmatime teacher training course is a creative explosion of colourful ideas which engage children in a meaningful Yoga practice. It is a vocation suitable for those with a passionate belief in the potential of Yoga to change society for the better and is no less than a secret mission to preserve the magic of childhood!

The new and improved course maintains its emphasis on fun whilst meeting the rigorous standards of Yoga Alliance UK's Registered Children's Yoga Schools and attendance contributes towards your Continuing Professional Development. Plus you get all the benefits without any expensive franchise or license tie-in!

if you're serious about teaching children yoga, call and speak to a real person on...



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Course Content

Weekend 1 – Yoga Storytelling: Sat 18th & Sun 19th June 2011

Will enable you to teach yoga to children aged 2.5 - 7 through the ancient art of storytelling. You will discover how to weave healing yoga techniques within entertaining adventures which begin with a 'move-along story', wind down with an 'eyes closed story' and complete with a colourful entry in a yoga journal.

Weekend 2 – Yoga Play: Sat 10th & Sun 11th Sept 2011

Will enable you to engage children aged 8 - 11 through playful partner yoga and creative games and activities. You will discover how to bring themed yoga to this age group using play whilst introducing moral values inspired by Patanjali's Yamas and Niyamas.

Both Weekends with cover differentiated versions of:

- Asanas
- Breathing Exercises
- Relaxation, guided visualisation, concentration techniques
- Child development including simple anatomy and physiology
- Yoga values and philosophy
- Lesson planning and classroom management
- Yoga business guidance

Contact Hours: 26

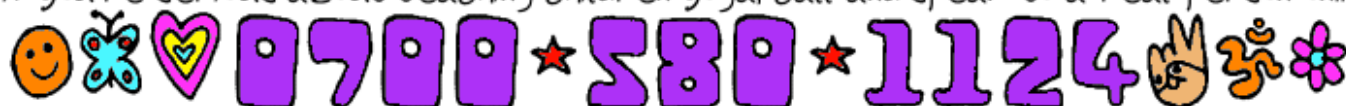
Home Study Hours: 26

Total: 52 Hours

The complete course equips you with a toolkit of techniques and resources covering the Foundation 1 and 2 plus Key Stage 1 and 2 nursery and primary school age brackets. It is strongly recommended that you complete **both weekends*** as although different approaches suit different age groups, the techniques form a complete toolkit that can be amended for any age.

*N.B. Teachers, teaching assistants, care workers etc. working with one age group are welcome to attend just one weekend.

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What Else is Included?

- Detailed training manual
- 45 Yoga cards
- 45 large visual aids
- Karmatime relaxation CD
- 2 x folding yoga games
- Partner Yoga cards
- Power point presentations
- Listing on Karmatime website forever (with no yearly fees!)
- Email support



Why Choose Karmatime?

- the only children's yoga training based in North West England which is easily accessible from all regions of the U.K.
- the only children's yoga company founded by a qualified art and design school teacher who is also a fully qualified (500 hours) and experienced yoga teacher and Mum of two - resulting in a creative and informative course
- NO expensive franchise or licence agreement to sign!
- continue your professional development with add-on courses in peer massage, tai chi, reiki for kids and bollywood dance
- we keep our courses small to ensure enough personal support
- we offer a massive 'Early Bird Discount'

Who can apply?

Applicants must have a minimum of 2 years consistent yoga practice and must submit the name and contact number of their current yoga teacher. You will also need to write a personal statement (a minimum of 400 words) explaining:

- how yoga has affected your life
- why you wish to become a children's yoga teacher and what makes you suitable
- how you feel yoga can benefit children in terms of their physical, psychological and emotional health and well-being

Applicants with the most compelling statements will be given priority and those without suitable experience will be declined. You should note that a children's yoga teacher training is not yoga training and it is expected that you are already familiar with hatha yoga through your own practice. This training enables you to share what you know with children in a fun and engaging way, by offering you the knowledge and resources to apply your skills with a younger age group. This is an intensive course, so by applying, you confirm that you are physically and emotionally fit and healthy.

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The Venue

Port Sunlight is an idyllic conservation village featuring predominantly Grade II listed buildings. Karmatime are pleased to be able to offer this training at such an easily accessible and beautiful location in North West England which is less than 2 miles from the nearest Motorway. The area also has quality, affordable accommodation within walking distance.

Accommodation

- 0.3 miles from venue: The Bridge Inn (B&B), Bolton Road, Port Sunlight, Wirral, CH62 4UQ
Phone: 0151 645 8441 Approx. £36 shared twin room, £51 single
- 0.8 miles from venue: Travelodge, Pool Lane, Bromborough, Wirral, CH62 4UE
Phone: 0871 984 6439 Approx. £42.50 double room
- 0.8 miles from venue: Village Hotel, Pool Lane, Bromborough, Wirral, CH62 4UE
Phone: 0844 980 8035 Approx. inc. Breakfast £42.50 shared twin room, £75 double

Travelling by Car

From the south:

leave the M6 motorway at junction 20 joining the M56. After 17.5 miles, bear left onto M53. Leave at exit 5 onto A41 towards Birkenhead. Take 3rd exit off roundabout onto New Chester Road. After 3.9 miles turn left onto Bolton Road*. Take 1st exit at roundabout onto Water Street. Turn right into Wharf St. Bear left onto The Ginnel follow onto Bath St.

From the north:

Leave the M6 at exit 26 and join the M58 towards Skelmersdale/Liverpool/Southport. Take 1st exit onto M58. Take 2nd exit at roundabout. After 11.5 miles, take slip road toward Airport/Liverpool south. Join M57. At exit 4 take slip road left for A580 towards Knowsley & Ind. Est / Liverpool. At roundabout take 4th exit and merge onto A580 East Lancs Road. Carry onto A5089 Everton Valley. Bear left onto A59 Kirkdale Rd. Take 3rd exit at roundabout into Queensway Tunnel Entrance. Follow A41 towards Chester. Pass two roundabouts. Turn right into Bolton Rd and continue as above*

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Booking Form (please use clear, block CAPITALS)

Full Name:.....

Address:.....

.....Postcode:.....

Home Phone:.....Mobile:.....

Email:.....

DOB:.....Occupation:.....

Please describe your experience with children:.....

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What is the name of your current yoga teacher?.....

Style of yoga?.....Teacher's contact number:.....

Please indicate any health issues, conditions or injuries which we may need to consider:.....

.....

.....

Please support your application with a personal statement (minimum 400 words) detailing:

- how yoga has affected your life
- why you wish to become a children's yoga teacher and what makes you suitable
- how you feel yoga can benefit children in terms of their physical, psychological and emotional health and well-being

Choose your price (please circle one):

£695 Full Course (both weekends) Early Bird Price (must be received before 1st May 2011)

£895 Full Course (both weekends)

£395 Weekend One, Early Bird Price (must be received before 1st May 2011)

£495 Weekend One

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Terms and Conditions:

Karmatime reserves the right to refuse an application which does not meet our minimum requirements as stated above and in this instance, a full refund will be given. Attendance on the Karmatime Teacher Training does not guarantee certification. All participants must meet the required standards to complete the course and achieve certification. You agree that Karmatime are not liable for any injuries or damages that might occur as a result of your attendance or subsequent teaching.

The full course fee is due at the time of booking. The booking deadline for the discounted 'Early Bird' rate is midnight on 30th April 2011. Applications after that date will pay full price and the booking deadline is then extended to 30th May 2011.

If you cancel more than 4 weeks before the course date we will refund 90% of the course fee. If you cancel less than 4 weeks before the course date, we will try to fill your place from applicants on the waiting list and if this is possible, we will refund to you 100% of the course fees paid, (less £35 administrative fee). If we cannot fill your place we will be entitled to retain all course fees. In the unlikely event that we have to cancel a course all fees will be refunded.

I,.....(full name) hereby agree to the above Terms and Conditions and confirm that the details I have submitted are accurate.

.....(signature)

Please return your completed form along with full payment in the form of a cheque made payable to : Karmatime and send to

Karmatime

1 Hoyle Road

Hoylake

Wirral

CH47 3AG

Questions? Please feel free to call your tutor Justine on 0700 580 1124.

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