



# Yogiños: Yoga for Youth® Yoga Training in Park City, UT

December 3-5 :: 3rd & 4th: 12:30pm-8:00pm, 5th: 12:30-4:30pm

@ **The Shop Yoga Studio**

1167 Woodside Ave :: [www.parkcityyoga.com](http://www.parkcityyoga.com)

FMI: Elizabeth Reese, Ph.D., Founder & Director  
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Yogiños: Yoga for Youth® is an OHMazing™ trilingual yoga for kids program in English, Spanish and Sanskrit using original art, music, games, stories, collaboration and sensory-integrated activities to teach youth respect and awareness of self, others, and the environment both on and off the yoga mat. **Training is beneficial for parents, educators, yoga and fitness instructors, and others who work with kids & families!** Yoga Training thru certification is a minimum of 40 hours: 1 hour pre-training; 19 hours on-site training; 20+ post-training developing curriculum, teaching; evaluation.

## Yoga Training Includes:

- \* Weekend of demonstrations, discussions and activities with your friends, colleagues and Yogiños: Yoga for Youth® Founder & Executive Director, Elizabeth B. Reese, Ph.D.
- \* Yogiños: Yoga for Youth® Curriculum Book with educational and yoga philosophies, lesson plan forms and samples, trilingual chart, class ideas
- \* Information and curriculum for working with youth with special needs
- \* Yogiños: Yoga for Youth® A to Z Bilingual Book of Poses
- \* Bilingual instructions designed to teach youth and families how to align bodies, hearts, and minds through breathing, cardiovascular, and relaxation exercises; **learn skills to rejuvenate and calm down**
- \* Yogiños: Yoga for Youth® shirt, music CD, Award-winning Volume One DVD: *The Story of Ganesha*
- \* One-on-one eCommunication sessions with Elizabeth B. Reese, Ph.D., and staff
- \* Cost: \$375 plus travel, meals, accommodation :: **\$335 (10%+ discount)** if paid-in-full by November 12.
- \* Full-time **Pre-K—12 educators and college students receive 30% discount** (\$262)
- \* **\$100 deposit due by November 12**

I am OHMazing™ Annual Membership :: Why re-invent the wheel? Why not get out of the corporate grind AND make an OHMazing™ living while transforming families and youth into healthier, happier humans? Get the Karma Community Toolkit to open your own Yogiños: Yoga for Youth® business or expand your existing client base!

# BE OHMazing!™ HERE!

[www.yoginos.com](http://www.yoginos.com)