KIDS YOGA TEACHER TRAINING JOCELYN KAY LEVY

OCTOBER 27-28 • **COSTA MESA** SATURDAY & SUNDAY • 12:00-4:30PM

The YogaWorks Teacher Training for Kids is an incredibly fun, playful and educational weekend experience open to anyone that wants to teach and inspire kids through yoga. Through the use of imagination, stories, music, games, poses, breathing exercises and more, our program provides tools to help children develop a mind/body connection, release stress, gain confidence and learn to express themselves.

Ideal for those that want to teach children, ages 2-12, you will:

- amass 8 hours of training
- receive a manual including a library of poses and sample classes to teach
- receive a certificate of completion

You will find our program beneficial, whether you are looking to teach yoga to children as a career or would like to incorporate these practices into your current work with children; or just to pass on the benefits of a yoga practice to your own children.



Jocelyn Kay Levy, E-RYT 500, has been teaching yoga, dance and fitness since 1997 and is currently the Southern California master trainer for both BarWorks® and Kids Yoga at YogaWorks. In addition to developing the YogaWorks Kids Yoga teacher training, she has created her own respected "Wee Yogis Play" kids yoga and music program. Jocelyn is also a recognized leader in bringing yoga wellness to corporate environments.

www.jocelynkaylee.com



\$250

TO REGISTER VISIT YOGAWORKS.COM OR CALL 949.642.7400

