

Angel Bear Yoga Teacher Training

Teaching children ages 2-9



Thursday, August 19, 2010

8 a.m. - 2 p.m.

Bluebonnet Montessori School
Lakeway, TX, 512.266.6626



Angel Bear Yoga™ was created as a way to nurture the spirit of a child and foster a sense of wonder for the natural world using yoga as the tool.

Learn physical poses, breathing exercises, heart affirmations, visualizations, relaxation, and creative exercises in this complete Yoga-for-Kids program!

During this one-day training, learn everything you need to know to lead children's yoga classes in your community. Receive a certificate after successful course completion.

Location: Kula Yoga, Austin, TX,
512-542-3334, AustinKulaYoga.com

Registration: AngelBearYoga.com

Cost: \$180 + \$50 materials fee.

Monica Paredes is Angel Bear Yoga's first Ambassador, leading teacher trainings globally. With nearly two decades of study in various yogic traditions, including Anusara, she received her official yoga certifications from the Kripalu Institute of Yoga & Health, Next Generation Yoga and Angel Bear Yoga. For more details: www.triumbra.com.

**Ideal for Parents, Caregivers,
Yoga Teachers and Educators.**

Curricula include:

- Angel Bear Yoga Main Curriculum
- A year's worth of lesson plans with 50 character traits and over 300 nature poses
- Literacy Curriculum - bringing books alive with yoga poses
- Calm Cottontails - introducing calming techniques
- Amazing Animals - integrating nature, health and preservation
- How to lead a week-long camp with yoga and endangered animal themes!

