



Become a Certified Children's Yoga Teacher!

Teacher Training Intensive

Register Today!

***Make a difference in the life of a child by giving them the priceless gift of Yoga.
When you educate a child you will have educated generations to come!***



Our Children's Yoga Certification Program is taught by yoga pioneer Marita Gardner-Anopol, one of the finest Children's Yoga Teachers in the world. Marita founded Yoga 4 Kids in 1995. Through her teaching she developed the board game **YOGA 4 KIDS** and produced the instructional yoga DVD **Yoga 4 Kids with Marita Gardner-Anopol**. In addition, she founded **Kingwood Yoga & Wellness Center** and directs the 200/500/800 hour-level **YOGA TEACHER TRAINING CERTIFICATION** program, plus **YOGA in SCHOOL for CLASSROOM MANAGEMENT**©. She designed and instituted the yoga curriculum for the Kinesiology Department at **Lone Star College** and is a faculty member since 2005. Marita has been featured in **TIME** Magazine and several regional magazines in NJ, NY, and Texas. Her work has been praised by **KPRC-2 news** and she also appeared on the **Today show** with Matt Lauer. An Ambassador to Yoga Teachers, she is a founding board member for the movement for school yoga & mindfulness and has been accepted into the International Association of Yoga Therapists.

What people are saying about the YOGA 4 KIDS TEACHER TRAINING...

“Thank you for creating ‘Yoga 4 Kids’. If only this existed when I was young, perhaps I would not have suffered from anxiety all those years!”

“As a yogi and a parent I’m thrilled to learn how to teach yoga to my kids. I never knew there was a difference.”

**The YOGA 4 KIDS TEACHER TRAINING is absolutely AWESOME!
As a 3rd grade teacher I have used the yoga games and the guided meditations to calm certain situations with students. I have also used specific breathing techniques with students’ before testing with phenomenal results!”**



CHILDREN'S TEACHER TRAINING CERTIFICATION

During the course, we learn how to teach yoga classes & yoga camps, breathing techniques, creative yoga games, meditation appropriate for children, partner yoga, the introduction of yoga art, yoga writing and more! In addition, you will learn the business of Yoga 4 Kids & YOGA in SCHOOL.

The Yoga 4 Kid's Certification program will be 85 hours of training.

Curriculum

- **A Foundation for Teaching Yoga to children ages 4 & up**
- **Sequencing Therapeutic Yoga Classes for Children with ADHD**
- **Creating Yoga Camps (One-Two-and Three Hours in length)**
- **After School Enrichment**
- **Yoga in the Classroom**
- **Child Development and Anatomy as it relates to Yoga & Kids**
- **Family Yoga**
- **Yoga Art**
- **Yoga Games**
- **Yoga Meditations Appropriate for Children**
- **Yoga Music**
- **Yoga Reflection & Yoga Writing with Kids**
- **Yoga Storytelling**
- **Partner & Group Yoga Poses**
- **Yoga 4 Kids with Asthma**
- **Yoga 4 Kids with Autism & others with Special Needs**

Program Dates: Open training is available. Let us know your schedule.

Tuition: \$1495 (supplies included)

Deposit: \$499 due with registration



TEACHER TRAINING CERTIFICATION

REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Cell Phone: _____ Email: _____

Yoga Experience (Not required.)

Teacher

Style

Dates

Please submit \$499 deposit. Email registration form to: marita@yoga4kids.us