

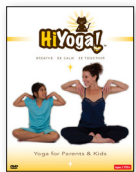


TEACHER TRAINING

For Kids Yoga Ages 4-11

★ TOPICS INCLUDE

- Kid Friendly Postures
- Kid Friendly Meditation
- Kid Friendly Yoga Philosophy
- Benefits of Yoga & Meditation
- Childhood Development
- Anatomy & Body Systems
- Teacher/Parent/Therapist Practices
- Play & Discipline
- Yoga Games
- Dance & Yoga
- Art & Yoga



Purchase the [Hi Yoga DVD](#) & learn more about the benefits of Hi Yoga.



★ TRAINING INCLUDES

- Level 1: 30 Hours
- Level 1 & 2: 95 Hours
- Training & Supplemental Materials
- Observation/Assisting/Teaching
- Letter of Completion & Certificate
- Level 1 & 2 meets Yoga Alliance RCYT Standards

★ COURSE FEES + DATES

- Level 1: \$450
- Level 1 & 2: \$1350

[Click here](#) to view upcoming Hi Yoga training dates & early bird pricing

★ COURSE PREREQUISITES

This is a perfect course for teachers, parents, therapists and those preparing to have children. A great springboard to establish a daily practice of yoga & meditation and to understand the relevancy of practice for a healthy life. All levels welcome!

Kelly Wood is the owner and director of Karuna Yoga studio in Los Angeles. Kelly is a pioneer in teaching Kids Yoga in public and private schools, having taught more than 75,000 kids of diverse cultural backgrounds. Her classes emphasize focus, listening and emotional calming. Kelly teaches Kundalini & Hatha Yoga and offers her Karuna Yoga 200 Hour Teacher Training course for adults. Kelly is currently working with Dr. Jane Tavyev, Cedars Sinai, to show the benefits of yoga for children on the Autism spectrum.

★ APPLICATION - EVERYONE IS WELCOME!

To join our training, please complete the application below and send to info@hiyoga.com. For an email version, [click here](#) and provide the info requested (signature is implied when applying via email). Please submit your course fees by visiting the [Hi Yoga store](#) at hiyoga.com.

Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Yoga Experience _____

Other Related Experience _____

Signature _____ Date _____

Cancellation Policy: 20% cancellation fee plus prorated fees as applicable.