



“Each child is perfect and whole”

Just Imagine! Children’s Yoga Teacher Training

- **Yoga Alliance Children’s yoga certification level**
- **Full Training level and completion certification**
- **Workshop level**
- **Individualized programs and times**
 - ❖ **Personal Practice: teaching from the heart**
 - ❖ **Child development: Natural Learning Rhythms**
 - ❖ **Physical and energetic anatomy**
 - ❖ **Children’s yoga: techniques, methods and application**
 - ❖ **Creative Movement Education and Improvisation**
 - ❖ **Integrative yoga and movement: Therapeutic applications : Somatic and Kinesthetic awareness**
 - ❖ **Discovering the intuitive creative process in teaching**
 - ❖ **Co-creative Development of Connections to community, arts and learning, personal interests**

Ongoing private and small group customized program offering

- **Instructor: Shirley Smithson: ERYT, CYT, Member International Association of Yoga Therapists, Member International Association of Creative Dance, Member National Dance Education Organization, Ed.D. and over 25 years of experience teaching**

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