

**YOGA TRAINING
THIS TRAINING IS FOR YOGA
TEACHERS, THERAPISTS AND
EDUCATORS.**




**CHILDREN'S YTT
W/LOUISE GOLDBERG**

**LEVEL 1 - YOGA FOR
CHILDREN WITH
SPECIAL NEEDS**

- Learn to teach yoga to children with Autism, ADHD, Sensory Processing Disorders, Anxiety for development of self-regulation skills
- Effective Communication Techniques and Curriculum for varied learning styles
- Yoga for public schools, groups and privates

**YOGA THERAPY
for CHILDREN
with AUTISM and
SPECIAL NEEDS**



**Attend Level 1
and Classroom
Breaks for \$420**

LOUISE GOLDBERG



**Eighteenth Element Yoga
5050 Edison Ave Suite 115
Colorado Springs, CO 80915
Saturday June, 29th 1:00 - 6:00
Sunday June, 30th - 9:00 - 5:00**

Early Bird Registration: \$325

Cost: \$380

Late Registration \$425

Register at:

WWW.EighteenthElementYoga.com



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**CHILDREN'S YTT
W/LOUISE GOLDBERG
CLASSROOM YOGA
BREAKS**

Module C: Self-Awareness,
Intention & Meditation

- Learn to implement one-minute exercises or extended lessons, seated or standing
- Curriculum includes movement, breathing, focus, relaxation, mindfulness, self-calming, discussion and creative expression.
- Learn to teach kids to think for themselves and control emotions

**CLASSROOM
YOGA BREAKS**



Brief Exercises to Create Calm

LOUISE GOLDBERG



**Eighteenth Element Yoga
5050 Edison Ave Suite 115
Colorado Springs, CO 80915
Friday June, 28th 4:00 - 8:00**

Early Bird Registration: \$100

Cost: \$130

Late Registration \$165

Register at:

WWW.EighteenthElementYoga.com