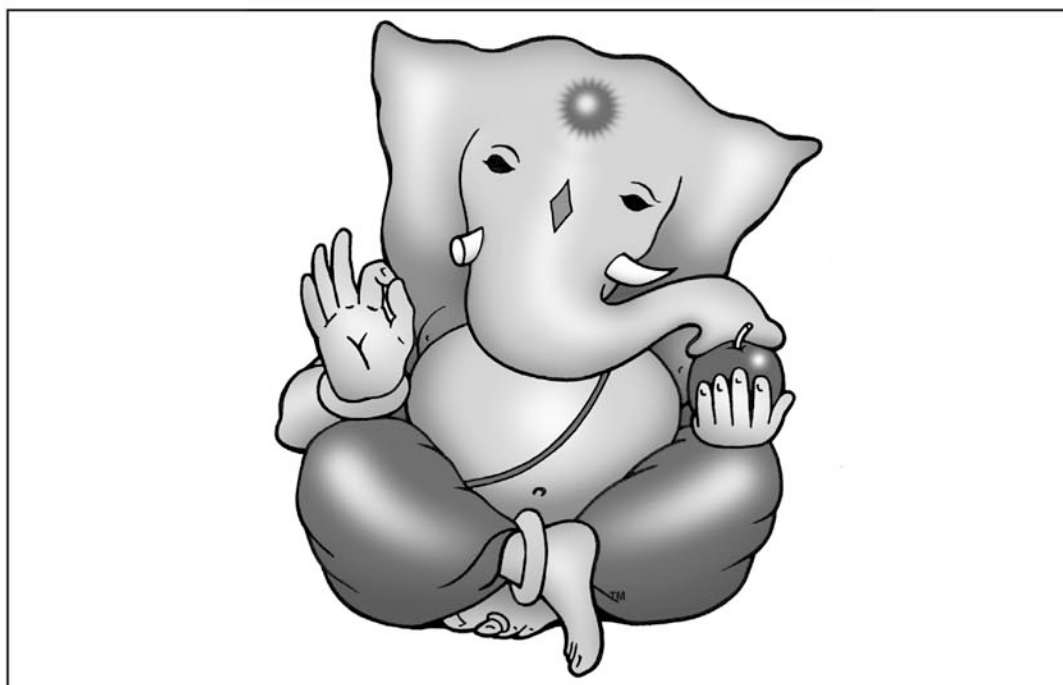

2009



SANTA BARBARA YOGA CENTER

www.SantaBarbaraYogaCenter.com

Advanced Studies &
Yoga Teacher
Training Program



Yoganesha™
with Anne Van de Water
Teaching Yoga For Children

October 16, 17 & 18, 2009

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- Dates:** *One weekend, 16 hours: October 16, 17 & 18, 2009*
- Times:** *Friday, October 17: 6:30-9:30 PM
Saturday, October 18: 12:15-5:00 PM and 7:00-9:30 PM
Sunday, October 19: 12:15-6:00 PM*
- Place:** *Santa Barbara Yoga Center • (805) 965.6045
32 East Micheltorena Street, Santa Barbara, CA 93101*
- Prices:** *\$300 if full payment (deposit plus balance) is made by September 4, 2009
\$350 if remaining balance is paid after September 4, 2009*
- Deposit:** *\$150 deposit, required to reserve your place, is refundable (minus \$50 cancellation fee) only until September 18th, 2009*
- Balance:** *Balance is due by, and is only refundable until, September 18, 2009. NO REFUNDS after 9/18/09*
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Course Description:

Yoga is now being recognized as an important practice for the physical, mental emotional and spiritual development of children. Yoga helps develop strong and flexible bodies while fostering a calm and attentive mind. Yoga teaches children to love, honor and respect themselves and others. Yoga builds self-esteem and gives children tools for dealing with stress that they can use for the rest of their lives.

In this course we will explore how to teach yoga movement to children using anatomy, science, art, singing, life lessons and games, creating a practice that is both fun and educational.

Day One:

- why yoga for children
- goals in teaching yoga to children
- benefits of yoga for children
- effects of yoga on children: physical, mental, emotional, social

Day Two:

Creating classes:

- quiet time / meditation
- preliminary group check in / sharing
- education / life lesson / class theme
- yoga poses / asana
- games / yoga play / partner work / creativity
- rest time and inner imagination
- closing group check in / sharing
- homework: applying class theme to real life

Creating age /grade-level specific classes:

- age 5-8 / grades K-3
- age 9-12 / grades 4-6

Day Three:

- small groups create age specific class themes and practice teaching to the whole group
- settings for teaching yoga to children
- creating program proposals
- ideas about funding for and/or volunteer teaching

The Instructor:

ANNE VAN DE WATER pioneered a yoga program for teaching yoga for children in the Santa Barbara Public School System in 1999. This program has now expanded to include six schools in which Anne teaches from Kindergarten to 6th Grade. Her experience in teaching children spans toddlers to teens. In the summer of 2003, Anne taught her first Yoga Summer Camp for Kids. Anne Van de Water has been practicing yoga since she was five years young, and has been teaching since 1994 in various locations in the U.S., India and other Asian countries.

