

Come play with us!



Connect to their spirit.

Mission: Youth Yoga School's mission is to provide yoga teachers and child-focused professionals a whole child approach utilizing yogic techniques for the physical, cognitive, and emotional wellbeing of our youth.

The **FUN**-damentals of Teaching Kids Yoga Workshop

INCLUDES YOGA CLASS WITH REAL CHILDREN!

This workshop will introduce you to teaching yoga to children up to teens.

Saturday, February 25, 2012

9 am - 4 pm (1 hour lunch)

Forsyth School

Filmore House (Multi-purpose Room)

(Park near 6226 Forsyth, across from Washington University)

\$92 per person

CEUs for Yoga Alliance

You will learn:

- Ages and stages of child development
- Apply yoga principles for youth yoga
- Connect your talents and gifts to kids
- Discover, invent and create

Led by Youth Yoga School instructors:
Stacey Shanks, MSM, E-RYT, RCYT
Lezlie Ward, M.Ed, E-RYT, RCYT, RPYT
Gayle Golike, BFA, E-RYT, RCYT
www.youthyogaschool.com

NEW! Register online!

www.stlouisyogasource.com

(Mind Body Online, click **WORKSHOPS**)

or fill out the registration form below and bring in or send to YogaSource.

Registration deadline: February 17, 2012

Questions? Contact Noel Flynn: (314) 963-9710

Please fill out registration form - - - - -



Saturday, Feb. 25, 2012
9 am - 4 pm.
Forsyth School
Filmore House
Registration deadline: Feb. 17

Make check payable to **YogaSource** or pay with your credit card here or by calling (314) 645-9642

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Mobile _____

Email (important) _____

Check Amount: \$ _____ (Make check payable to YogaSource)

Call us at (314) 645-9642 to provide card information or provide the following information here:

MC / Visa # _____ exp. _____

Bring in or mail to YogaSource, 1500 South Big Bend, St. Louis, MO 63117

Registration for Saturday, February 25, 2012 in St. Louis, MO (Registration deadline: February 17, 2012)

For more information, please visit: stlouisyogasource.com.

Questions? Contact Noel Flynn: (314) 963-9710

