

**+ Just Imagine School of Children's Yoga will be offering a program for adults wanting to learn about teaching and working with children through yoga and movement.**

**+ The core concepts include the following:**

- 1. The child is perfect and whole as he/she is.**
- 2. The child and those they are in relationship with are unlimited in their potential to learn and grow together.**
- 3. Everything is connected: body, mind and spirit**
- 4. We meet the child where he/she is and offer pathways for growth, within safe boundaries, into a sense of competence and personal value.**
- 5. Our intention is to empower each child towards his/her full expression and sense of true self.**
- 6. We are in relationship that is being discovered, created and is ever evolving through the connection of the heart.**
- 7. We are participating in a greater community with awareness and love.**

**+ The program will include:**

- 1. Philosophy and personal practice moving towards teaching from the heart.**
- 2. Child development: physical, sensory, emotional and cognitive**
- 3. Physical and energetic anatomy**
- 4. Children's yoga: techniques, methods and application**
- 5. Movement education and improvisation**
- 6. Therapeutic yoga and movement: Integrated movement therapy**
- 7. Co'creative Connecting to community, the arts, and learning**

**+ The program will be multi-tiered:**

- 1. The program can be accessed at the workshop level**
- 2. The program can be accessed at the training level for those without 200 certificate**
- 3. The program can be accessed at the Children's Specialty Certification Level with Yoga Alliance for those with 200 level certification.**

**+ The program will take place: at Sacred Space Yoga October through April 2011-12 on the first Saturday of each month. (Certification will include 4 hours a month beyond in contact time as well as practicum and SEVA). \* For more information contact Shirley Smithson 970-353-1708 or [sasmithson@hotmail.com](mailto:sasmithson@hotmail.com). Watch for upcoming posted information and interest session.**

