

About Budding Yogis

Budding Yogis is the only yoga studio in D.C. that is dedicated solely to the practice of kids yoga and mindfulness. We have been teaching yoga and mindfulness to hundreds of kids since 2003.

At Budding Yogis we provide a non-competitive environment in which kids find joy and peace. We combine the highest quality teaching of age-appropriate yoga, with the simple practice of mindfulness to stretch and strengthen kids' bodies while calming and centering their minds.

At Budding Yogis we are nurturing kids and teens so they can develop to their fullest physical and mental health and well-being.



Instructors

Linda Feldman

Linda is the director of Budding Yogis, a certified Next Generation Yoga teacher and a certified YogaKids Associate. She also holds a certification through Radiant Child Yoga Program and has trained with the Samarya Center for Integrative Movement Therapy. She has been teaching kids yoga in D.C. since 2002. She began her own practice of Iyengar yoga in the early 1990's in Chicago, and has continued to study in New York City and Washington, D.C.

Through her yoga teaching, Linda strives to inspire creativity in children and to help them develop healthy and peaceful minds and bodies. She works to encourage children's respect for themselves, their bodies and others.

Linda currently lives in Washington, D.C. with her own budding yogis.

Annie Mahon

Annie Mahon owns Circle Yoga and Budding Yogis and is a certified Next Generation Kids yoga teacher. Annie is also an Experienced Registered Yoga Teacher (E-RYT) in the Anusara tradition and one of the first Yoga Alliance Registered Children's Yoga Teachers (RCYT) in the country. She has M.S. and M.A. degrees and has spent the last decade teaching kids in the Washington D.C. area. She has been practicing yoga, meditation and mindfulness for over 20 years.

In addition, Annie has four children of her own that she teaches every day.

Teaching yoga to Kids



Budding Yogis' Teaching Certification Level 1

"I would highly recommend this training to anyone who wants to bring children and families the gift of yoga."

– Lauren, psychologist and kids yoga teacher



This training is for *you* if
you are:

- a parent who would like to share your yoga practice with your family
- an educator looking for an active and fun way to connect with your students and help them focus
- a child psychologist or therapist interested in learning new techniques to reduce anxiety in your clients
- a yoga teacher who enjoys working with kids
- anyone else interested in using yoga to help nurture and support children.

Some previous yoga experience is suggested.

Why yoga and mindfulness are
great for kids

Yoga and mindfulness can help bring active minds into union with active bodies and can help kids learn to calm both. It allows kids to connect with their bodies—enabling them to feel empowered and confident. Through yoga, children learn to strengthen and stretch their bodies while learning to calm themselves when they feel stressed, which they often do in today's world.

dates | times | fees

Friday, November 4 — Sunday, November 6, 2011

Friday times: 12:30 pm — 9:00 pm

Saturday times: 12:00 pm — 6:00 pm

Sunday times: 9:00 am — 5:00 pm

\$495 (\$475 if registered by October 12)

Travel and accommodations are not included in the registration fee. We will provide snacks. Lunches and dinners may be brought to the studio, or you may visit one of the many restaurants in the area. If you need information regarding our location or accommodations or have questions regarding the training, please see the website for more details www.buddingyogis.com, or contact our office at 202.686.1104 or info@buddingyogis.com.

Level 1 training

The Budding Yogis training imparts our unique philosophy of teaching kids yoga and mindfulness in a way that stretches their imaginations, offers them non-competitive opportunities to play, and teaches kids how to relax.

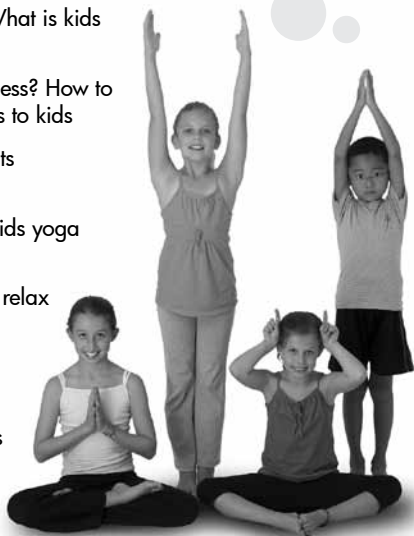
Participants gain detailed information about how to teach kids yoga classes, how to create theme-based yoga classes and how to teach self-calming and meditation techniques. Throughout the weekend, participants learn kids yoga poses and yoga games, gain a clear understanding of the age-breakouts for classes, and learn ways to deal with various behaviors including special needs.

We learn through doing, by experiencing kids yoga classes and discussion of what works well with kids. Each student has an opportunity to plan, observe or co-teach a kids yoga class on the last day of the workshop. We discuss what it takes to get started teaching and/or start-up a kids yoga business.

A Budding Yogis Level I certificate will be given to each participant if all sessions and the practice teaching session are successfully attended. This 21-hour training will count toward a 95-hour Yoga Alliance certified RYCT (Registered Children's Yoga Teacher). Level 2 training will be in December 2011.

In this Level 1 training we will cover the following:

- What is yoga? What is kids yoga?
- What is mindfulness? How to teach mindfulness to kids
- How yoga benefits children
- How to teach a kids yoga class
- How to help kids relax
- How to create a lesson plan
- Dealing with various behaviors
- Age appropriate break-outs



“Budding Yogis’ training gave me the confidence to allow my potential to shine. Linda and Annie present an approach that is joyful and loving, creative yet organized. I now teach my own kids yoga classes from ages 5-13 and have so much fun.”

– Shauna, music teacher and kids yoga teacher



“What’s special about the Budding Yogis Teacher Training is that it brings out the soul of yoga, going beyond the physical poses and yoga games.”

– Carol, kids and adult yoga teacher



Budding Yogis
3838 Northampton Street, NW
Washington, D.C. 20015

202.686.1104 • info@buddingyogis.com
www.buddingyogis.com

Located one block west of Connecticut Avenue,
just south of the Chevy Chase Circle at
Northampton and 39th Streets.
Friendship Heights Metro stop.
On street parking.