

About Budding Yogis

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



Circle Yoga

It's easy to Be here.



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 a Registered Yoga Teacher (RYT) in the Anusara tradition. She has M.S. and M.A. degrees and has spent much of her life teaching kids in the Washington D.C. area.

Annie loves working with kids and believes it is important to teach children balanced life skills to help them thrive in the world that they are living in. As part of that effort, she has taught conflict resolution and meditation skills in a public elementary school since 2001, and has been teaching yoga to kids since 2002. She brings her background in health and fitness and her personal meditation practice together to create a balanced mind-body yoga program at Budding Yogis.

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

Teaching yoga to Kids



Budding Yogis' Teaching Certification

"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



Circle Yoga, LLC & Budding Yogis

www.circleyoga.com • www.buddingyogis.com
3838 Northampton St., NW • Washington, D.C. 20015
202.686.1104

This certification 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

Thursday, June 24—Saturday, June 26, 2010

Thursday times: 8:00 am–5:00 pm

Friday times: 9:00 am–5:00 pm

Saturday times: 9:00 am–5:00 pm

\$495 (\$475 if registered before June 1)

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.

The training

The Budding Yogis training will impart 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 will 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 will 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 will learn through doing, by experiencing kids yoga classes and discussion of what works well with kids. Each student will have an opportunity to plan, observe or co-teach a kids yoga class on the last day of the workshop. We'll also 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.

In this 20 hour workshop 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



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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.