

## **RADIANT CHILD YOGA PROGRAM RCYP Level 1 & 2**

Fun, insightful and practical training course for all levels of experience with children and/or yoga training. Beginners are welcome. Come prepared to move your body and be young at heart!

### **RCYP Level 1**

Friday, 7:00 pm – 9:30 pm

Saturday, 9 am – 5:30 pm

- Guidelines for teaching yoga to children from toddlers to teens
- Yoga stories, songs, and games that children love
- Yoga for DSI, ADHD
- Adapting yoga within school systems
- Tips for keeping children focused and cooperating
- Certificate upon completion and opportunity to be listed on [www.childrensyoga.com](http://www.childrensyoga.com)

RCYP Level 1 course materials included with paid tuition (retail value: \$50):

- *Fly Like A Butterfly: Yoga for Children* book by Shakta Kaur Khalsa
- Teacher training handbook
- CD of children's yoga and meditation songs

### **FOR MORE INFORMATION:**

[www.pranacademy.com](http://www.pranacademy.com)

[www.childrensyoga.com](http://www.childrensyoga.com)

E-mail: [prana-academy@usa.net](mailto:prana-academy@usa.net)

Phone: (305) 610-3221, (954) 302-3878

### **RCYP Level 2**

Sunday, 8:00 am – 4:30 pm

\* *Pre-requisite: Radiant Child Yoga Program, Level 1 (RCYP-1)*

- Using yoga sets to create body / mind changes
- Focus on meditation and pranayam (breathing practices) with children
- Your own practice – Experience the transformative power of daily yoga and meditation
- Group Presentations – collaborate in small groups to present a program of children's yoga to the rest of the class. Bring your creative ideas and any props you want to use

RCYP Level 2 course materials included with paid tuition (retail value: \$50):



- Children's Yoga Level 2 manual
- copy of *Kundalini Yoga and the Music and Mantra Companion CD* by Shakta Kaur Khalsa



Course presented by Shakta Kaur Khalsa, a long-time Kundalini yoga teacher and trainer. Shakta is a E-RYT-500, Montessori teacher, mother, and author of several yoga books. The Radiant Child Yoga program

(RCYP) was born out of her vision to change and uplift the world through peace, yoga and the next generation. RCYP has been presented nationally and internationally to thousands since 1999

You are encouraged to take the opportunity to come for the entire weekend. Comments from participants have shown that the format of RCYP Level 2 allows for the easy assimilation of RCYP Level 1 teachings.

### **COURSE LOCATION:**

The Biscayne Institute for Health  
2785 N.E. 183<sup>rd</sup> Street (Williams Island)  
Aventura, Florida 33160

### **MEALS:**

Snacks and tea will be provided at breaks. For your convenience there are several restaurants and Fresh Market nearby offering healthy lunch choices

### **CONTINUING EDUCATION CREDIT:**

RCYP 1 & 2 qualify for Public School & Yoga Alliance YA 500 level CEU. Certificate issued upon completion

### **REGISTER ONLINE:**

[www.pranacademy.com](http://www.pranacademy.com)

# RCYP Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Course Fee	Early Registration	Full Price
Level 1&2	\$435.00	\$475.00
Level 1 only	\$250.00	\$265.00
Level 2 only	\$225.00	\$240.00

- Cash (in person) Check (to Prana Academy)  
Visa Master Card AMEX Discover  
Paypal, registered [www.childrencyoga.com](http://www.childrencyoga.com)

Credit Card # \_\_\_\_\_

Name on the Credit Card \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Billing Zip Code \_\_\_\_\_ Expiration Date \_\_\_\_\_

## **REGISTER EARLY ~ SPACE IS LIMITED**

- Save \$40 by registering 40 days prior
- Save another \$40 by registering for both levels
- 10% Group discount available (4 or more)

\* Refund: \$20 processing fee for all refunds  
No refunds 40 days before the course starts

**Please make checks payable to:**

### **Prana Academy**

P.O. Box 2728, Hallandale, FL 33008  
Phone: (305) 610-3221 Fax: (954) 241-6000  
[www.pranacademy.com](http://www.pranacademy.com)  
E-mail: [prana-academy@usa.net](mailto:prana-academy@usa.net)

[www.pranacademy.com](http://www.pranacademy.com)

Hallandale, FL 33008

P.O. Box 2728

**Teacher Training Course**



## **Teacher Training Course**

With Shakta Kaur Khalsa

A Certificate training course for teachers, parents, therapists, and all who would like to

**GIVE CHILDREN  
THE GIFT OF YOGA**



Miami ~ Florida  
September 14-16, 2007