

# Little Lotus Kids Yoga Teacher Training

- MOVE - BREATHE - LAUGH - PLAY -



Kids learn through play. Little Lotus Kids Yoga Teacher Trainees will learn age appropriate yoga poses, games, language and teaching techniques for kids ages 3+ that can be used at home, in a yoga studio or in the preschool or elementary school classroom.

Saturday March 31, 2012

Noon-7pm

Training: \$150 (by March 1, 2012, \$175 after March 1)

Materials (Training Manual & Yoga Cards) \$49.90 + 5.5% sales tax

Materials fees paid separately by cash or check only.

Register at [www.inspiringactions.com](http://www.inspiringactions.com) or call 715-381-3148



Tracy Johnson, RYT200 is the creator of Little Lotus Kids Yoga Cards & Teacher Training. She started teaching movement to kids as Director of the Ormao Youth Ensemble & dance instructor at Ormao Center for Contemporary Dance in 1993. She currently teaches yoga to kids and grown ups in Hudson, WI.

