

Youth Yoga Dharma announces:



Youth Yoga Teacher Training

with Cator Shachoy

Moksha Life Center, 405 Sansome St, 3rd Flr, San Francisco, CA 94111

February 17-20, 2012 10am-6pm

Cost: \$385 (\$435 after January 17, 2012)

This training is open to Yoga Instructors. Educators with a minimum 2 years personal practice of yoga who wish to increase their skills for use in their classroom are also invited to participate. A certificate is issued, and yoga teachers are eligible for CEU's through Yoga Alliance. Experience working with youth is recommended, but not required.

Learn to teach yoga to young people! This 24-hour training includes a range of skills for working with youth consciously. Topics addressed include: yoga poses and instruction appropriate for youth, sequencing, adjusting, as well as movement games & Play! Adjunct skills include: conscious communication, diversity & gender issues, mindfulness, classroom management, building trust with teens, and inspiring young people in the practices of yoga & mindfulness. Our time together includes a demonstration class with teens, participant practice teaching, discussion, and a whole lotta fun!

Youth Yoga Dharma is a 501-c-3 non-profit organization dedicated to offering youth the skills of yoga & meditation in a variety of environments, emphasizing disadvantaged situations - www.youthyogadharm.org. Founded in 2004, we offer programs on site in San Francisco public schools and youth organizations. In addition to our youth programs, we offer Mindfulness-based stress reduction for parents on welfare, and Educator Seminars for teachers, Administrators, and Therapists working with youth. Since our formation we have served over 30 youth organizations around the San Francisco Bay. *Note: participation in this program is required for all prospective YYD teachers.*

To register: www.youthyogadharm.org / E: info@youthyogadharm.org

Call (415) 235-9380

\$100 deposit reservation. \$50 non-refundable. Full payment due by January 17 for reduced rate. No refunds after Jan 17, 2012. Completion of online registration form required for all participants.

Cator Shachoy began the practices of yoga, mindfulness meditation, and energy healing in 1990 as the result of chronic illness. Through the regular practice of these disciplines, she recovered her strength and vitality. Cator is an E-RYT 500 through Yoga Alliance, and completed yoga teacher training through both the Iyengar Yoga Inst. of SF & Kripalu Yoga Center. She was a Mindfulness-based Stress Reduction Intern at the Worcester Medical Center in Massachusetts, and a member of the Spirit Rock Teen Council. Cator is a certified practitioner of Visionary Craniosacral Bodywork through the Milne Institute. Cator has taught both adults and youth in SF since 1995. She is the founder of Youth Yoga Dharma, and has trained teachers since 2005.

