



Youth Yoga Dharma announces:

Youth Yoga Teacher Training

with Cator Shachoy

Bija Yoga Studio, 1348 9th Avenue (at Irving), San Francisco
June 18-21, 2009; Thursday & Friday, 12-5 pm;
Saturday & Sunday, 1-6pm
Cost: \$295 (\$325 after June 1, 2009)

Learn to teach yoga to young people. This 20-hour training includes skills to develop a rapport with youth, and orient your classes to a variety of age groups. Topics addressed include: Poses and instruction appropriate for youth, mindfulness communication skills, issues of diversity & gender, how to build trust with teens, and how to inspire young people in the practice of yoga and meditation. Cator Shachoy is the founder of **Youth Yoga Dharma**, a non-profit organization dedicated to offering youth the skills of yoga & meditation, emphasizing disadvantaged situations. We emphasize working with teens, however all school age children will be addressed. Continuing Ed credit offered through Yoga Alliance – participants receive certificate of participation. Class size limited — register early through Youth Yoga Dharma!
Visit us online: www.youthyogadharm.org.

Participants should have 2 years experience with yoga (minimum), and currently teach yoga (or have participated in yoga teacher training). Some exception can be made for educators with a yoga practice wishing to expand their skills for use in the classroom. Experience working with youth is recommended. Please submit registration form & YYD questionnaire with payment. \$50 non-refundable, non-transferable deposit reserves your place. No refunds after June 1, 2009. Full payment due upon course opening – fee increases after June 1, 2009. Some partial scholarships available — advance registration required.

*To register call Youth Yoga Dharma – (650) 992-9642
or email: info@youthyogadharm.org / www.youthyogadharm.com*

Send payment & completed registration form to: YYD, PO BOX 3452, Daly City, CA 94015 or register online.

Cator Shachoy has worked with youth as a teacher of yoga & meditation, as well as art, swimming, and other skills for 15 years. Cator began the practices of Yoga, Buddhist meditation, and Energy Healing in 1990 due to chronic illness. Through the regular practice of these disciplines she began to recover her strength and vitality. In 1995 Cator moved to San Francisco, where she teaches yoga & meditation classes to adults and youth, and has a private practice in Craniosacral bodywork. She is an Iyengar-trained yoga instructor, a Mindfulness-based Stress Reduction teacher, a practitioner of Visionary Craniosacral bodywork, and a member of the Spirit Rock Teen Council. Cator delights in sharing these healing practices which inspire her life.

