



Youth Yoga Dharma presents

Youth Yoga Teacher Training

Learn to teach yoga to youth!

with Cator Shachoy

Founder of Youth Yoga Dharma, E-RYT 500, MBSR Teacher, Cranial Therapist

Yoga Garden, 286 Divisadero, San Francisco

June 10–13, Thursday–Sunday, 1-6 pm

Cost, \$295 before May 20/\$325 thereafter

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. 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 20-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, 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 25 youth organizations around the San Francisco Bay. *Note: participation in this program is required for all prospective YYD teachers.*

To register, contact Yoga Garden at:

(415) 552-9644 | www.YogaGardenSF.com | info@YogaGardenSF.com

About the instructor: 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 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 is a certified practitioner of Visionary Craniosacral Bodywork through the Milne Institute. Cator has taught both adults and youth in SF since 1995, and is the lead teacher for Youth Yoga Dharma, and creator of the Youth Yoga Teacher Training & Youth Mindfulness Teacher Training programs.

