



Meet Your Lead Trainer: Aruna Kathy Humphrys

**Aruna Kathy (E-RYT 500, RCYT, BA)**

Aruna Kathy started practicing yoga in 1995 and took teacher training in 1998. She continued her study as a disciple of a Bengali Guru and spent six years living in an Ashram. She has taught children in schools, daycare centres, community centres, camps and retreats, including teaching yoga at a Montessori School for 18 years. She has been teaching yoga full-time since 2000, co-founded the Ambassador Yoga 200 Hour Training as well as the Young Yoga Masters training.

Plus Exceptional Guest Teachers - see website for full details.

**5 Star Reviews!!**

"Best Kids' Teacher Training! The Trainers are so knowledgeable and the program gives you so many tools to teach kids' yoga in a fun, safe and efficient way." - Karine

"I already had considerable kids yoga training and experience teaching children and I absolutely loved my training with Young Yoga Masters." - Cindy



**IN PERSON**

# **KIDS YOGA TEACHER TRAINING**

**July 9 to July 21, 2023**

Graduate with your 96 Hour Certificate in 2 Weeks!



Check It Out at:  
[YoungYogaMasters.com](http://YoungYogaMasters.com)

"The teaching practicum component of this course was so valuable as it allowed us to see the curriculum "brought to life" with real kids, in addition to time to reflect on the day's teachings/learnings both on our own and with our peers." - Becky

Make this the year to deepen your practice and enhance your teaching with a live training.

## TEACH YOGA AND MINDFULNESS TO KIDS

Young Yoga Masters provides you with training to become a confident and successful teacher with a Certification you can be proud to put on your resume.

Who this training is for:

- School Teachers, Supply Teachers
- Early Childhood Educators, Teaching Assistants
- Principals, Supervisors, Managers, and support staff
- Yoga Teachers
- Parents, Aunts, Uncles, Grandparents
- Youth Leaders and Community Leaders
- Doctors, Pediatricians, and Health Promoters
- Those who love yoga and have children in their lives

## SMALL CLASS SIZES

Class Size will be limited to 20 students per module.

Training Includes:

- 72 HRS In-Person | 24 HRS Homework Reflection and Practice
- Lifetime access to the training and printable downloads
- Printed manuals and props from the training.
- A community of trainers and peers to support your success!

"You gave us everything, you held nothing back. I could feel how much you wanted me to succeed!" - Alena



## DATES + TIMES

JULY 9 - JULY 21, 2023

Daily Hours: 10 am - 5 pm				Location: Art Gallery of Burlington, Ontario, Canada		
Sunday July 9	Monday July 10	Tuesday July 11	Wednesday July 12	Thursday July 13	Friday July 14	Saturday July 15
<b>Yoga Literacy</b> 16 Hour Certificate		<b>Family Yoga, Chakras for Children, Kids Yoga &amp; Mindfulness</b> 16 Hour Certificate		<b>Themes &amp; Dreams</b> 16 Hour Certificate		<b>No Training</b>
Sunday July 16	Monday July 17	Tuesday July 18	Wednesday July 19	Thursday July 20	Friday July 21	
<b>Inclusive Yoga</b> 16 Hour Certificate		<b>Mindfulness for Children</b> 16 Hour Certificate		<b>Mastermind</b> Curriculum Design and Business Planning 16 Hour Certificate		

## LOCATION: ART GALLERY OF BURLINGTON

1333 Lakeshore Rd, Burlington, ON, Canada

## REGISTRATION

Super Early Rate - Register by March 25 and take 40% OFF

Use code: KIDSYOGATEACHER40

Early Rate - Get 25% OFF Registration March 25 - July 1

Use code: KIDSYOGATEACHER25

Regular rate: Training starts July 9

\$3275 CAD | \$2479 USD\*

- Installment Plan Available: add \$50 to the total
- Plus taxes where required. See website for full details.

Space is limited to 20 participants.

Visit: [YoungYogaMasters.com](https://www.YoungYogaMasters.com)

Registration Now Open - Secure Your Place Today