

Kids Yoga Teacher Training

Summer Certification Information

Sunday, July 9 – Friday, July 21, 2023

Art Gallery of Burlington, Ontario, Canada

Hello!

Thank you for considering getting your Kids Yoga Teacher Certificate this summer at the 12 Day Summer Training. This information kit will provide you with details of the training, how to get here, and accommodation information to allow you to prepare for the program.

If you have any questions contact:

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Dates and Location: July 9 – 21 (no training on July 15)

Art Gallery of Burlington

1333 Lakeshore Rd, Burlington, ON, Canada (more details on p. 7)

2023 Summer Certification						
Daily Hours: 10 am – 5 pm				Location: Art Gallery of Burlington, Ontario, Canada		
Sunday July 9	Monday July 10	Tuesday July 11	Weds July 12	Thursday July 13	Friday July 14	Saturday July 15
Yoga Literacy 16 Hour Certificate		Family Yoga, Chakras for Children, Kids Yoga & Mindfulness 16 Hour Certificate		Themes & Dreams 16 Hour Certificate		No Training 
Sunday July 16	Monday July 17	Tuesday July 18	Weds July 19	Thursday July 20	Friday July 21	
Inclusive Yoga 16 Hour Certificate		Mindfulness for Children 16 Hour Certificate		Mastermind Curriculum Design and Business Planning 16 Hour Certificate		

Note: Class Size is Limited to 20 People per Module
Early Registration is Recommended to Secure your Spot

About the Certificates

All Certificates count towards your 96 Hour Certification with our Yoga Alliance Registered Children's Yoga School. They can be taken in any order.

You Can Attend One or More Modules:

- Take individual Certificates for inspiration or to complete your training
- Take all modules and get your full Certification on July 21!



Sunday, July 9 + Monday, July 10, 10 am – 5 pm: Yoga Literacy (16 Hours Certificate)

Take an in depth look at how to teach yoga poses to children using the *Frog Yoga Alphabet* Resource Kit included in your registration which includes Yoga Cards, Stickers, Posters, Colour Book, Colouring Pages, Activity Sheets and Games. You'll enhance your confidence and make poses fun and safe. Includes partner yoga, modifications for all ages, as well as 22 innovative and original alphabet and storytelling activities that promote kinesthetic learning, learning through physical activity. Great resource for schools, yoga birthday parties, and more.

Tuesday, July 11, 10 am – 1 pm: Family Yoga (4 Hours)

Teach yoga to families using ready-to-teach lesson plans for Mommy and Me Yoga and Family Yoga that build strong family bonds. Discover how to create positive experiences in yoga class that encourage children to connect with parents and parents to connect with kids.

Tuesday, July 11, 2 pm – 5 pm: Chakras for Children (4 Hours)

Teach school age children to build on their innate talents while exploring the Chakras as tools for Social and Emotional Learning. Come explore the Chakras and how to teach them to children using the Young Yoga Masters Chakra activity book.



Wednesday, July 12, 10 am – 5 pm: Kids Yoga and Mindfulness (8 Hours)

Discover the fun of teaching Kids Yoga in this dynamic, playful, and comprehensive workshop. This workshop is packed with engaging stories, songs, art, games, tips and tricks for teaching yoga and mindfulness to school age kids. An excellent workshop as an introduction or a refresher for your kid's yoga toolkit.

Thursday, July 13 + Friday, July 13, 10 am – 5 pm: Themes and Dreams (16 Hour Certificate)

The original course of the Young Yoga Masters training. The Themes and Dreams Certificate explains Yoga philosophy and awakens the imagination. This Certificate includes tested lesson plans that children and teens love. The Kids Yoga Class Creator gives you an intuitive lesson plan template to dream up your own class plans and keep them organized. This Certificate is highly recommended for those wanting mindfulness activities, songs and engaging stories that empower kids and teens with self-esteem, inner peace, and happiness.

Sunday, July 16 + Monday July 17, 10 am – 5 pm: Inclusive Yoga (16 Hour Certificate)

Accommodate children with a variety of needs in your classes! All children come with a unique set of needs. This Certificate contains insight and effective tools to bring yoga to all children, especially kids that are not always motivated by typical kids yoga techniques. Includes *Yoga Man vs The Stressor Teacher Training Manual and Resources*, yoga colouring pages, games, and activities that help kids identify stress and reduce it. A great resource for teachers and parents of kids with different needs and for helping boys see that yoga is not just for girls!

Tuesday, July 18 + Weds., July 19, 10 am – 5 pm: Mindfulness for Children (16 Hour Certificate)

Enhance children's health with Mindfulness activities, movement, and the tremendously popular Meditations for Growing Minds resources. In this module you will connect to the practice of Mindfulness and learn to bring Mindfulness to Children in school and at home.

Thursday + Friday, July 20 + 21, 10 am – 5 pm: Mastermind (16 Hour Certificate)

This module is often the final step of the 96 Hour Certification or taken as a business refresher. Using the extensive material from the other Young Yoga Masters Certificates, you will learn to successfully design children's yoga curricula including a yoga series and Yoga Camps. Your lead trainers will provide personal guidance and feedback for you to develop your teaching plan, and participants will help one another with ideas and feedback. Examine effective advertising, networking, and marketing strategies. Note: There are no children's yoga activities taught in this module, it is about creating your plan of action to start teaching.

Registration Information

Early Registration is highly recommended.

[Registration Now Open at YoungYogaMasters.com](https://www.YoungYogaMasters.com)

Class size is limited to 20 participants.

Early registration is recommended to secure your spot.

Registration Rates*

- Full Registration: \$3275 CAD | \$2479 USD (plus tax where applicable)
- Individual 16 HR Module: \$575 CAD | \$475 USD (plus tax where applicable)
- Installment Plans available: Add \$50 to total
- *Note :Add Taxes where required.

Super-Early Savings: 40% OFF until March 25, 2023

- Take 40% OFF the prices above until March 25. Use code: KIDSYOGATEACHER40

Early Savings: 25% OFF from March 26 – July 1, 2023

- Take 25% OFF the prices above until July 1. Use code: KIDSYOGATEACHER25

Full Registration in Burlington Summer Certification Includes:

- Kids Yoga Teacher Certificate from Young Yoga Masters, a Yoga Alliance Registered Children's Yoga School Including Practicum Hours with children where you will observe your trainers teaching AND you will teach using the training lesson plans.
- PDF and Printed Manuals. If you prefer to work from the PDF's you can indicate at checkout that you would prefer the bonus resources instead of printed manuals.
- Yoga Literacy: The Frog Yoga Alphabet Teacher Training Double Pack, Colour Yoga Flash Cards, Colour Alphabet Book, and PDF
- Kids Yoga – 8 Hour Certificate: Yoga Stickers
- Mindfulness for Children Certificate: Meditations for Growing Minds tracks, Moving Meditations Activity Pages and a Balancing Eagle
- Inclusive Yoga Certificate: Yoga Man vs. The Stressor – Yoga for Boys colouring pages and PDF
- Plus you'll take home some other wonderful bonus games, activities, and props we find!

How to Secure Your Space:

- **Register by any of these methods:** See the Early Bird specials and registration details visit: <https://youngyogamasters.com/registration/>
 1. Register with credit card [by visiting YoungYogaMasters.com](https://youngyogamasters.com)
 2. INTERAC e-Transfer payments can be arranged by emailing info@YoungYogaMasters.com
- **Arrange Your Accommodations and Ride Sharing (if needed)**

See transportation and accommodation information below.
Accommodations and transport are NOT included in registration.

Before registration you can connect in the Facebook Event to arrange rides or shared accommodation.

After registration, connect in the private Facebook Teachers' Group for Young Yoga Masters after registration. You will be given the link to access this group in the course platform.

**KIDS YOGA TEACHER
SUMMER CERTIFICATION**

Leave a comment to connect with others!

Ride Share

Room Share

Accommodations

For those travelling from a distance that would like to eliminate a morning commute, consider these options for accommodations:

- **The Waterfront Hotel Downtown Burlington:** 3 Star Hotel within walking distance of the training. Rooms start at \$159 per night and some include complimentary hot breakfast.
- **The Pearle Hotel and Spa:** If you're looking for a luxury hotel within walking distance, this is it. Book early for the long term stay rate for 10 nights or more of \$299 per room/night.
- **Homewood Suites by Hilton Burlington:** This hotel is about a 10 km from the training. The suites have full kitchens. Rooms at \$209/ night. Many rooms have a bed and sofa bed.
- **Air BnB or Google Search other Hotels:** There are many other options in the Burlington, Ontario area that could work for you.



Practicum Class at the Summer Certification

***To Find Room or Ride Share, Visit our Facebook Event Page:**

<https://www.facebook.com/youngyogamasters/>

Leave a comment on the event or page to connect with others.

Where to Eat

Lunch will be 30-60 min lunch break each day (lunch not included). You can organize a bag lunch or get take out from one of the many restaurants within walking distance from the Art Gallery of Burlington.

Recommended Restaurants in Burlington close to The Art Gallery of Burlington:

Lettuce Love Café Vegan, Gluten-Free, Smoothies, Salads, Burgers
399 John Street, Burlington www.lettucelovecafe.com

Amaya Express Burlington – Indian food
480 Brant Street, Burlington, Ontario <https://www.amayaexpress.com/>

Spencers - High end, wide variety of interesting dishes.
1340 Lakeshore Road Burlington, <http://spencers.ca/>

The Sunshine Doughnut Co.
Right beside the Art Gallery (Sorry not sorry :)
sunshinedoughnuts.com

Kelly's Bake Shoppe Gluten-Free, Vegan, Peanut-Free
401 Brant Street, Burlington, www.kellysxo.com



What to Bring to the Training

Typical temperatures in July in Burlington are a high of 27 degrees Celsius (80 degrees Fahrenheit) and a low of 16 degrees Celsius (60 degrees Fahrenheit). We recommend you bring:

- Lots of comfy clothes to do yoga, layers for warm days and cooler nights.
- Yoga mat, cushion, any other props to assist for sitting on the floor during the training (there are chairs at the Art Gallery of Burlington that you can use)
- Pen and notebook.
- Water bottle (only drinks with lids are allowed in room).
- Hat, outdoor mat, and sunscreen for outside training on sunny days.
- Shawl or sweater for relaxation times.

Reminder: Be sure to allow room in your travel luggage to bring home your Kids Yoga Teacher Training course materials which include 8 manuals, cards, posters, a balancing eagle, and a few smaller items (approximate weight: 7 kg/15 lbs).



Training moves outside on sunny days.

Location of Training

The training is based at: **Art Gallery of Burlington (AGB) – Downtown Burlington**
1333 Lakeshore Rd, Burlington, ON L7S 1A9



The training will be held in the Shoreline room, with natural sunlight streaming in through the wall of windows and a stunning view of the water and Lake Ontario.

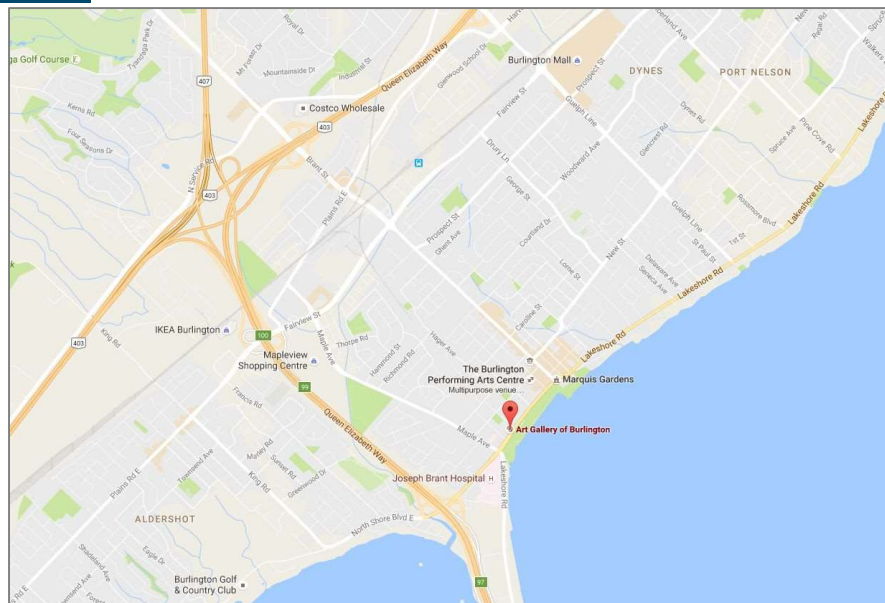
More information is available at: <http://artgalleryofburlington.com> (905) 632-7796

Map to The Art Gallery of Burlington

Location for Kids Yoga Teacher Certification

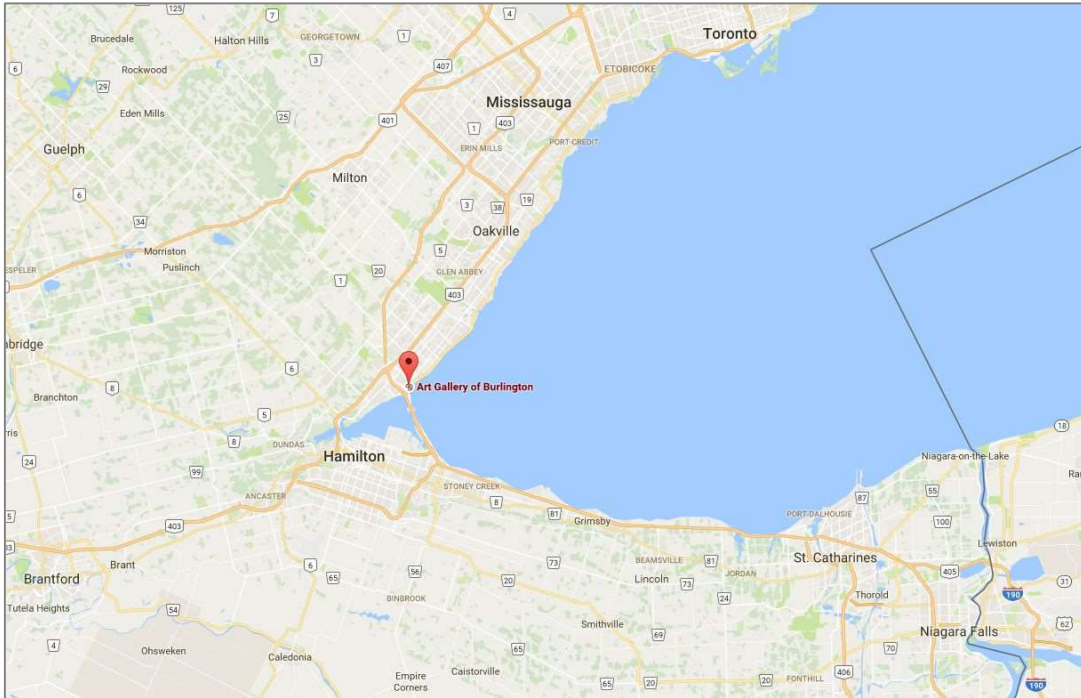
This is a link to the Art Gallery of Burlington Location on Google Maps:

<https://www.google.ca/maps/place/Art+Gallery+of+Burlington/@43.3207332,-79.8030658,16.75z/data=!4m5!3m4!1s0x882c9e3be036103f:0xc64b49ae49422839!8m2!3d43.3209014!4d-79.800601>



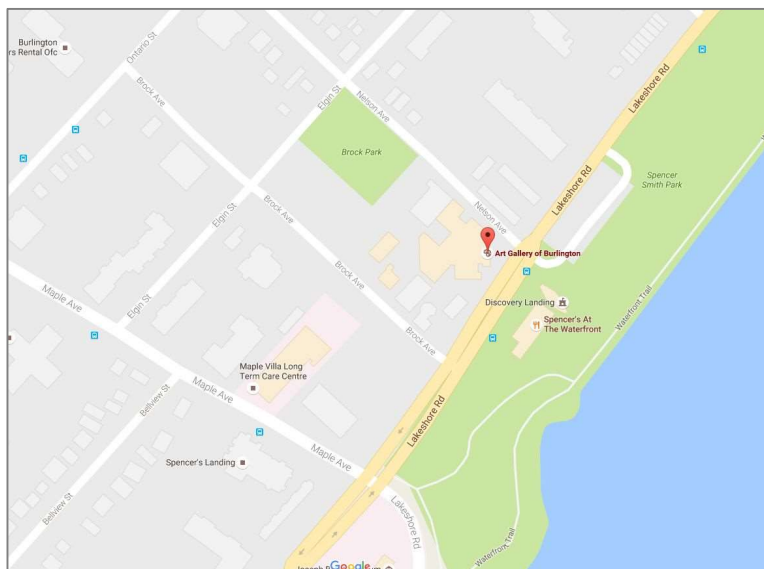
The Art Gallery of Burlington is walking distance and close to restaurants, shops, yoga studios, the waterfront trail and Spencer Park.

The Art Gallery is easily accessible from major highways and 2 minutes off the QEW Hwy.



Burlington is conveniently located to the surrounding GTA and Golden Horseshoe areas.

Accessible by all major highways and by the Go Train, it is approximately 35-45 minutes from the Toronto area, Guelph, Kitchener & Cambridge areas and the Niagara area.





Directions: Art Gallery of Burlington (AGB)

1333 Lakeshore Rd, Burlington, ON L7S 1A9

To Share a Ride or Shuttle from an Airport, Visit Our Facebook Page
and leave a comment to connect with others.

<https://www.facebook.com/youngyogamasters/>

The AGB is:

- 34 km from [John C. Munro Airport](#) (YHM), Hamilton
- 54 km from Toronto Pearson International Airport (YYZ), Toronto
- 60 km from Billy Bishop Airport (YTZ) downtown Toronto
- 118 km (72 Miles) from Buffalo International Airport (BUF), USA

Arriving by Airplane

When arriving at by plane, here are 3 options to get to The AGB or area:

- **Taxi:** **Blue Line Taxi:** Takes about 20-30 minutes. www.525blue.com/
- **Limo:** **Burlington Limo:** Contact in advance to book. www.burlingtonlimo.com/
- **Shuttle:** **Airways Transit:** Contact a week in advance to book this shuttle service. www.airwaystransit.com
- Or see the Public Transit options below.

Arriving by Public Transit - Go Train, Go Bus

- **Burlington Go Train Station** is 4 km to the AGB.
- **Check the Planner here for your options:** [Plan Your Trip | Trip Planning | GO Transit](#)
- **[Burlington Transit Bus](#)**: will help you get around locally. **[Fare per trip](#)**: \$3.50 exact cash or \$2.75 with Presto card.

Arriving by Car

To Share a Ride Visit Our Facebook Event:
<https://www.facebook.com/youngyogamasters>
and leave a comment to connect with others.

Driving From Hamilton Airport YHM

1. Hwy 6 North to Hwy 403 East to QEW Niagara
2. Exit #97 North Shore Blvd/Eastport Drive
3. Turn left onto North Shore Blvd
4. Art Gallery of Burlington will be on the left across from the park (2-4 minute drive)

Driving From Downtown Toronto

1. Take Gardiner/QEW West to Hamilton/Niagara Falls
2. Exit #97 North Shore Blvd / Eastport Drive
3. Turn left onto North Shore Blvd
4. Art Gallery of Burlington will be on the left across from the park (2-4 minute drive)

Driving from Toronto Airport YYZ

1. 427 South
2. Merge onto QEW West Hamilton
3. Exit #97 North Shore Blvd / Eastport Drive
4. Turn left onto North Shore Blvd
5. Art Gallery of Burlington will be on the left across from the park (2-4 minute drive)

Driving From Niagara Falls:

1. QEW East
2. Exit #97 North Shore Blvd/Eastport Drive
3. Turn right onto North Shore Blvd
4. Art Gallery of Burlington will be on the left across from the park (2-4 minute drive)

Driving From Fort Erie

1. Take QEW East to Toronto
2. Exit #97 North Shore Blvd/Eastport Drive
3. Turn right onto North Shore Blvd
4. Art Gallery of Burlington will be on the left across from the park (2-4 minute drive)

Local Sites and Resources:

Burlington has a beautiful downtown core with a lovely waterfront area, great walking trail, and trendy downtown core with boutiques and cafes.



All pictures are from the Burlington area.
For more information about what
Burlington has to offer go to:
<http://www.tourismburlington.com/>



Sight Seeing in the GTA and Golden Horseshoe Area

Considering exploring these popular tourist locations on your day off on Saturday, July 29, 2017

Toronto, Ontario

Visit the famous CN Tower, and have a thrill doing the outdoor Edge Walk, or the indoor Glass Floor experience. Explore the vibrant downtown core of Toronto including unlimited shopping at the Eaton Centre and Chinatown. Visit the extensive collections at the Art Gallery of Ontario (AGO), and the Royal Ontario Museum (ROM).



Niagara Falls, Ontario:

Niagara Falls is one of the biggest attractions in Canada. <http://niagarafallstourism.com/>

Take in the **Butterfly Conservatory** also a highlight in Niagara.

<http://www.niagaraparks.com/niagara-falls-attractions/butterfly-conservatory.html>



For Any Other Information Give Us a Call or Email

Come give yourself a summer to remember and get your Kids Yoga Teaching Certificate.

If you have any questions about whether this training is right for you, please call Aruna for a free consultation.

Aruna Kathy Humphrys

Phone: 416-944-2888

info@YoungYogaMasters.com

www.YoungYogaMasters.com



Graduation Day at the AGB 2019

Register early

HERE

or visit:

YoungYogaMasters.com

You may be surprised how much teaching yoga to children changes your own life too!



Young Yoga Masters

KIDS YOGA TEACHER TRAINING THAT COUNTS!