Kids Yoga Teacher Training

Summer Certification Program Information

Sunday, July 15 – Monday, July 27, 2018

A Registered Children's Yoga School (RCYS)

Dear Friends,

Thank you for considering our Kids Yoga Teacher Certificate program this summer in beautiful Burlington, Ontario, Canada. 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:

Aruna Kathy Humphrys
www.YoungYogaMasters.com
info@YoungYogaMasters.com
Phone: 416-944-2888

Schedule, Dates & Times

Course Dates: July 15 – 27, 2018
(no training July 21)
Training Hours: 9 am – 6 pm

You Can Attend One or More Modules:

- Take 1 or More Certificates to Discover Kids Yoga or Complete your training from Toronto
- Take 3 Certificates in one Week – choose Week 1 or Week 2
- Take 6 Certificates in two Weeks and complete your 95 Hour Certification

Kids Yoga Teacher - Summer Certification

Daily Hours: 9 am – 6 pm Location: Art Gallery of Burlington, Ontario, Canada

Sunday July 15	Monday July 16	Tuesday July 17	Weds July 18	Thursday July 19	Friday July 20	Saturday July 21
Mindfulness For Children 16 Hour Certificate		**Yoga Literacy** 16 Hour Certificate		**Themes & Dreams** 16 Hour Certificate		**No Training**
Sunday July 22	Monday July 23	Tuesday July 24	Weds July 25	Thursday July 26	Friday July 27	
Inclusive Yoga 16 Hour Certificate		**Kids and Family Yoga Mindfulness and Chakras** 16 Hour Certificate		**Level 2: Mastermind** 16 Hour Certificate		

About the Kids Yoga Teacher Certificates

All Certificates count towards your 95 Hour Certification with our Yoga Alliance Registered Children's Yoga School

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.

Yoga Literacy – 16 Hour Kids Yoga Teacher 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.

Themes and Dreams – 16 Hour Kids Yoga Teacher Certificate: The original Certificate that started it all. The *Themes and Dreams* Certificate explains Yoga Philosophy and awakens the imagination – no matter what your age. This Certificate includes tested lesson plans that children 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 with self-esteem, inner peace, and happiness.

Inclusive Yoga – 16 Hour Kids Yoga Teacher 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!

Kids Yoga and Mindfulness (5 – 12 Years) – 8 Hour Certificate: 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.

Chakras for Children – 4 Hour Certificate: 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.

Family Yoga – 4 Hour Certificate: Teach yoga to families using ready-to-teach lesson plans for Mommy and Me Yoga and Family Yoga that build strong family bonds. This modules shows you how to create positive experiences in yoga class that encourage children to connect with parents and parents to connect with kids.

Level 2: Children's Yoga Teacher Mastermind and Curriculum Design 16 Hour Certificate: this module is (usually) the final step of the 95 Hour Certification. Using the extensive material from the other Young Yoga Masters Certificates, you will study teaching methodology to design successful children's yoga curricula including yoga series' and Yoga Camps. Your lead trainer will provide personal guidance and feedback for you to develop your plan to start teaching, and participants will help one another with ideas and feedback. You also begin your action plan for finding new classes. Examine effective advertising, networking, and marketing strategies. Participants must have completed a minimum of 48 Hours (3 Modules) of other Young Yoga Masters training to take this Level 2 training.

Location of Training

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

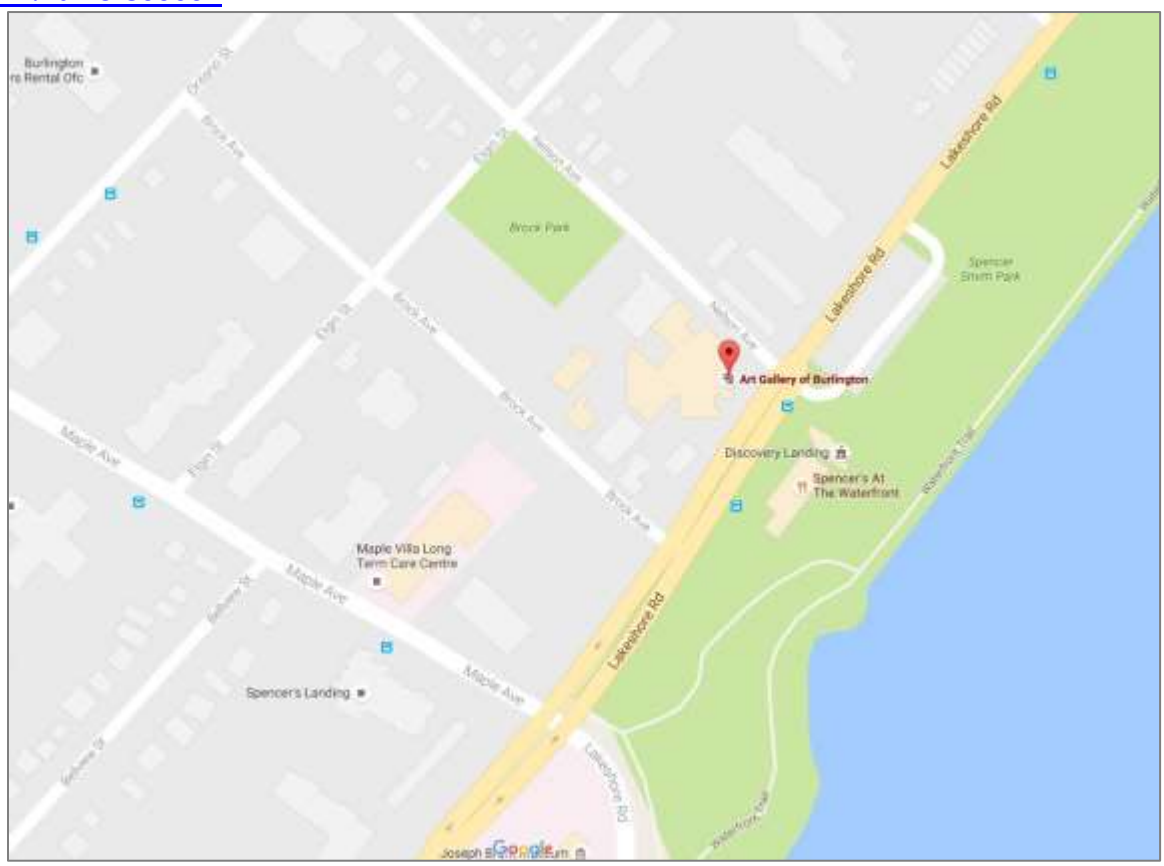
The training will be held in the Shoreline room, with natural sunlight streaming in through the wall of windows and a stunning view of the water and Lake Ontario.

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

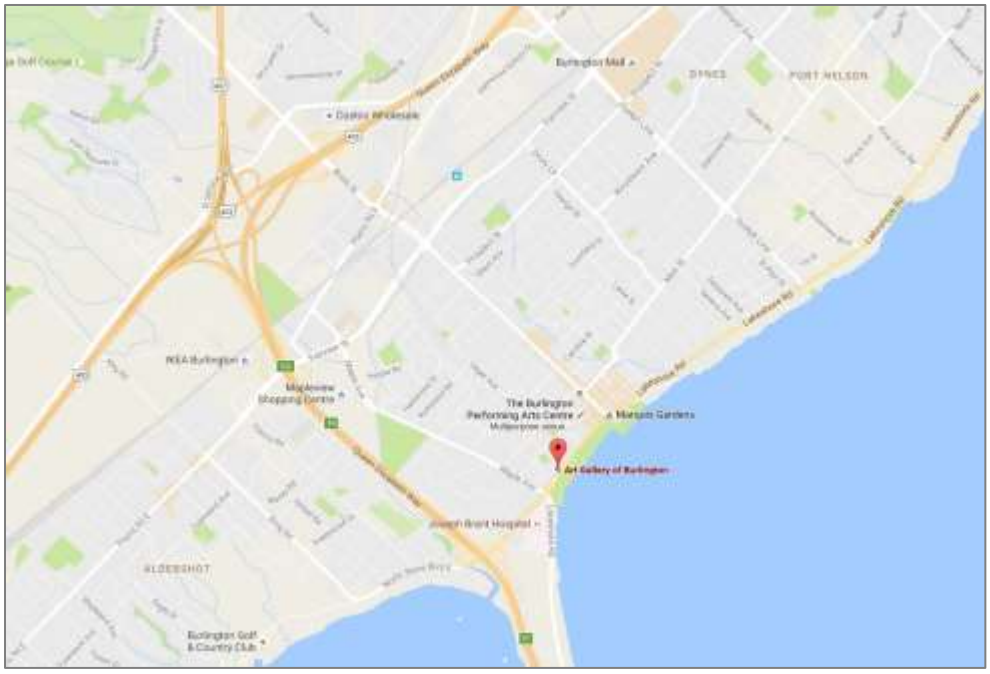
Map to The Art Gallery of Burlington

Location for Kids Yoga Teacher Certification

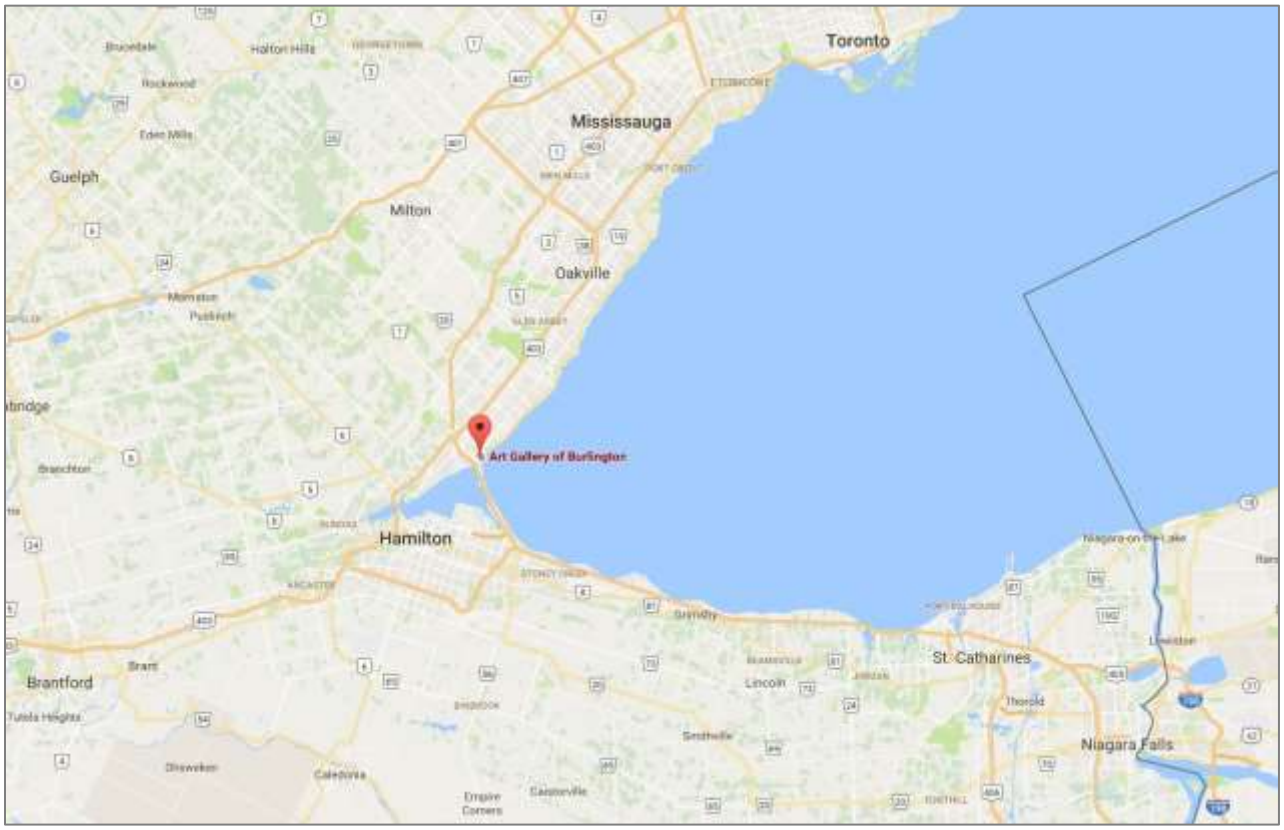
This is a link to the Art Gallery of Burlington Location on Google Maps:
https://www.google.ca/maps/place/Art+Gallery+of+Burlington/@43.3207332,-79.8030658,16.75z/data=!4m5!3m4!1s0x882c9e3be036103f:0xc64b49ae49422839!8m2!3d43.3209014!4d-79.800601



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.

Registration Now Open: Register Early to Get Your Spot!

Early Registration is highly recommended for the full training and individual modules.

Rates for Full Certification – All 6 Modules:

Note: With full registration in all 6 Modules, a $500 deposit will hold your space.

- **95 Hour Savings:** CAD $2100 + tax* ($350 per module)
- (Includes All 6 Certificates, all manuals, yoga cards, posters, props, and books)
- **Installment Plan:** A $1050+ tax deposit will hold your space for the full Summer Certification. Balance due on first day of training (July 15/18) in Burlington.

Rates for Individual Module Certificates:

- Three Certificate Special: CAD$1050 + tax ($350 per Module)
- Two Certificates: CAD $730 + tax ($365 per Module)
- One Certificate: CAD $399 + tax if registered 2 weeks in advance, $425 + tax regular rate

*In Ontario, Canada, taxes are an additional 13% HST.

Full Registration in Burlington Summer Certification Includes:

- Kids Yoga Teacher Certificate from Young Yoga Masters, a Yoga Alliance Registered Children's Yoga School Including 18 Practicum Hours at the local YMCA Kids Camps where you will observe Aruna teaching and gain valuable hands-on experience when you teach classes from the course lesson plans.
- All Teacher Training Manuals and Handouts
- Mindfulness for Children Certificate: Meditations for Growing Minds Album, Moving Meditations Activity Pages and a Balancing Eagle
- Themes and Dreams Certificate: Breathing Ball Yoga Literacy Certificate: The Frog Yoga Alphabet Teacher Training Double Pack, Colour Yoga Flash Cards, Colour Alphabet Book, and PDF
- Inclusive Yoga Certificate: Yoga Man vs. The Stressor – Yoga for Boys colouring pages and PDF
- Kids Yoga – 8 Hour Certificate: Yoga Stickers
- Plus you'll take home other wonderful bonus games, activities, and props!

How to Secure Your Space:

- **Register by any of these methods:** See the Early Bird specials and registration details visit: http://teach.youngyogamasters.com/registrations/

  1. INTERAC e-Transfer send to info@YoungYogaMasters.com
     With the security password: **BURLINGTON**
  2. Cheque to "Young Yoga Masters" and mail to: 248 West Ave. North, Toronto, Ontario
  3. Paypal using Credit Card or Paypal account register on our website at: https://youngyogamasters.com/registration/

- **Arrange Your Accommodations (if needed)**
  See Accommodation information below. Accommodations are NOT included in your registration.

What to Bring for the Training

Typical temperatures in August 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 yoga clothes, consider packing layers for hot summer days and cooler nights.
- ☐ Yoga mat, cushion, any other props to assist for sitting on the floor during the training.
- ☐ Pen and notebook.
- ☐ Water bottle (only drinks with lids are allowed in studio).
- ☐ Shawl or sweater for relaxation times.

Reminder: Be sure to allow room in your travel luggage to bring back to your home your Kids Yoga Teacher Training course materials which include 6 manuals, 2 books, a poster, a breathing ball and a few smaller items (approximate weight for those flying: 7 kg/15 lbs).

Accommodations

For those travelling from out of town, or for those in the GTA that would like to eliminate a morning commute, consider these accommodations:

- **Heart Of Burlington Bed and Breakfast:** Rooms from $80 up for this bed and breakfast with a 5 star rating on Trip Advisor. A 10 minute walk to the training. With only 3 rooms available we recommend you book early.
- **The Waterfront Hotel Downtown Burlington**: The training is held within walking distance of the Waterfront Hotel. Rooms start at $159 per night and include **Complimentary hot breakfast** served in the hotel's restaurant the "Beaver and Bulldog. Guests receive **1 complimentary parking spot**, and **free high speed internet** access. **Book a room at The Waterfront Hotel: Call 905-681-5400 or Email reservations@thewaterfrontdowntown.com**
- **Homewood Suites by Hilton Burlington:** This hotel is about a 10 minute drive from the training. The suites at the Homewood have kitchens for those who want to be able to cook. Rooms start at $149 per night and **include free hot breakfast and have specials with complimentary dinner and drinks Monday – Thursday nights** (confirm this special at time of reservation). They also have one and two bedroom suites with two, three, and four beds in each suite from $219 per night.

*To Find a Potential Room Mate to Share a Room, Visit our Facebook Page Here: https://www.facebook.com/events/164296820935706/ & leave a comment to connect with others.

Meals

Lunch will be 1 hour each day (lunch not included). You can organize a bag lunch, eat out at one of the many restaurants, all within walking distance from the Art Gallery of Burlington.

Where to Eat: There are many restaurants all within walking distance from the Art Gallery of Burlington.

Just some of the Recommended Restaurants in Burlington close to The Art Gallery of Burlington:

Lettuce Love Cafe
399 John Street, Burlington, Ontario, L7R 2K3 905-637-2700 www.lettucelovecafe.com
This restaurant is 100% Healthy, Vegan, Gluten-Free. They serve Raw Food, Smoothies, Soups, Salads, Burgers etc

Rude Native Bistro & Lounge
370 Brant Street, Burlington, Ontario, L7R 2E8
905-632-6682 www.rudenative.com
Wide variety of interesting dishes.

Eatalia
527 Brant Street, Burlington, Ontario
905-634-3300 www.eatalia.ca
Italian food

Spencers
1340 Lakeshore Road Burlington, Ontario L7S 1B1
905-633-7494 http://spencers.ca/
Wide variety of interesting dishes.

Spencers Restaurant

Kelly's Bake Shoppe
401 Brant Street, Burlington, Ontario
905-33-1400 www.kellysxo.com
Healthy, Gluten-Free, Vegan, Peanut-Free, Cupcakes, Muffins and Desserts

Directions: Art Gallery of Burlington - Downtown Burlington

1333 Lakeshore Rd, Burlington, ON L7S 1A9

To Share a Ride or Shuttle from an Airport, Visit Our Facebook Event:
https://www.facebook.com/events/164296820935706/
and leave a comment to connect with others.

Burlington Ontario Canada is:

- 54 Kilometers from Toronto Pearson Airport (YYZ), Ontario
- 60 Kilometers from Billy Bishop Airport
- 118 Kilometers (72 Miles) from the Buffalo International Airport

Arriving by Airplane

Hamilton International Airport (YHM) –Hamilton, ON, Canada

http://flyhamilton.ca/passenger/flights/airlines/
The closest airport to Burlington is Hamilton International Airport (YHM), 34 km from the training. It is much smaller than Pearson and has limited airlines and flights.

When arriving at Hamilton Airport you have 3 options to get to The Art Gallery of Burlington:

- **Taxi**: **Blue Line Taxi**: Takes about 20-30 minutes. Approximately $60 - $70. www.525blue.com/

- **Limo: Burlington Limo**: Contact in advance to book. Approximately $125 www.burlingtonlimo.com/

- **Shuttle: Airways Transit**: Contact a week in advance to book this shuttle service. Approximately $61 and price of shuttle can be split with another passenger www.airwaystransit.com

Toronto Pearson International Airport (YYZ) – Toronto, ON, Canada

www.torontopearson.com/# closest major airport - 54 km from the training.

When arriving at Pearson Airport you have 3 options to get to The Art Gallery of Burlington:

- **Taxi**: **Aeroport Taxi**: Takes approximately 35-45 mins. Approximately $79 (book ahead of time to guarantee a taxi) www.aeroporttaxi.com/pick-up-from-airport.html

- **Limo: Burlington Limo**: Contact in advance to book. Approximately $70 (+ tax & tip $104) www.burlingtonlimo.com

- **Shuttle: Airways Transit**: Contact a week in advance to book this shuttle service. Approximately $82 and price of shuttle may be split with another passenger www.AirwaysTransit.com

Billy Bishop Airport (YTZ) – Downtown Toronto Island Airport

This airport is much smaller than Pearson but is closer to downtown Toronto, Union Station, and the Go Train Terminal. It is 60 km from the training. http://www.torontoport.com/airport.aspx For Go Train info see below.

- **Airport Shuttle to Union Station:** Take Go Train to Burlington from Union Station. Free shuttle runs approximately every 15 minutes and in 5-10 minutes brings passengers to Union Station.

- **Taxi: Aeroport Taxi:** Takes approximately 50-60 mins to Burlington. Approximately $100 and price of the limo can be split with another passenger. www.aeroporttaxi.com/pick-up-from-airport.html

- **Limo:Burlington Limo**: Contact in advance to book. Approximately $70 (+ tax & tip $104) www.burlingtonlimo.com

- **Limo: Airline Limo:** Call when you arrive at the airport. No pre-booking**.** 1-800-263-5466. Approximately $122 (tax included) up to 4 passengers in the vehicle and may be split with another passengers. Approximately 60 minutes to Burlington. http://airlinelimo.com/contact-us/

Buffalo International Airport (BUF) and Shuttle Information - USA

The Buffalo International Airport is 118 km from the training. There are several Ground Transportation options.

- **Limo Service Burlington** 905-616-5466 www.limoserviceBurlington.ca $160 Approximate time 1.5 hour

- **Burlington Limo:** www.burlingtonlimo.com Approximately $175 Approximate time: 1.5 hour

- **Niagara Air Bus** www.niagaraairbus.com 905-374-8111. Approximately $318 one way and 2.5 hours.

- **Taxi**: **Burlington Taxi** - 905-333-3333 Only can bring someone to the Buffalo Airport Approximately $200 Approximately 1.5 hour.

Arriving by Public Transit - Go Train

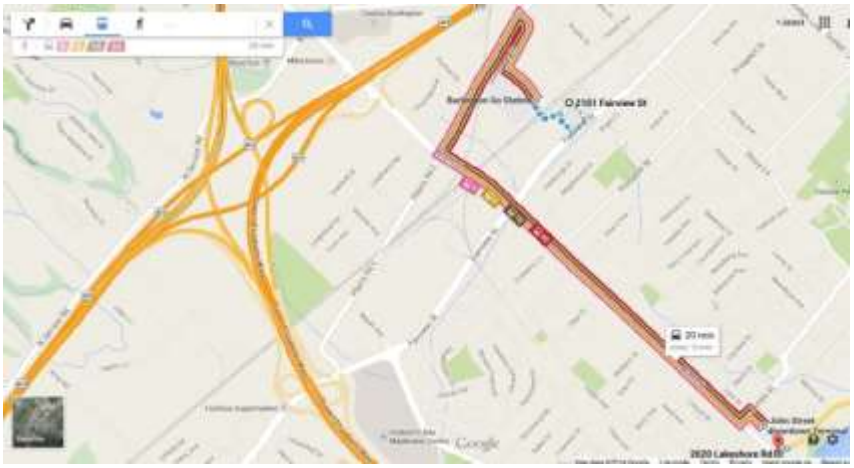
Go Train from Downtown Union Station in Toronto, Ontario, Canada
Route: Lakeshore West Line
Destination: Burlington Go Train
Frequency: The Go Train runs approximately every half hour.
Time: The Go Train from Union Station to Burlington Train Station is 6o minutes.
Rate: Approximately $11 one way.
Go Transit Website: http://www.gotransit.com/timetables/en/schedules/full_schedules.aspx

Schedule Link:
http://www.gotransit.com/timetables/en/schedules/schedules_window.aspx?tableid=01&dir=E&date=2016-12-02&parentid=1

Once at the Burlington Go Station you can:

1. **Taxi**: **Burlington Taxi**: Take a taxi to the Art Gallery of Burlington
   http://burlingtontaxi.com/
   Call when you arrive at the Burlington Go Station 905-333-3333.
   Approximately $9 and Time 10 minutes.

2. **Bus**: Take the Bus #Route 3, 5, 10, 50 (buses run every 15 minutes and the journey is approximately 20 minutes to the AGB).



http://cms.burlington.ca/Page6029.aspx?saddr=2101+Fairview+St%2C+Burlington%2C+ON+%28Burlington+GO+Station%29&daddr=2020+lakeshore+road%2C+burlington%2C+ontario&date=10%2F11%2F2014&time=12%3A04PM&ttype=dep

Bus Routes in Burlington: http://cms.burlington.ca/AssetFactory.aspx?did=28580

Bus Stops at Burlington Go Station: http://cms.burlington.ca/AssetFactory.aspx?did=29226

Arriving by Car

To Share a Ride Visit Our Facebook Event:
https://www.facebook.com/events/164296820935706/
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).

Edge Walk

Glass Floor

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

Young Yoga Masters

KIDS YOGA TEACHER TRAINING THAT COUNTS!

Register early to reserve your spot.

https://youngyogamasters.com/registration

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