



Yoga Alliance Registered Children's Yoga School
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 YoungYogaMasters.com 1-416-944-2888

Welcome to the Family and Kids Yoga Classes!

Thank you for your interest in the upcoming Free Family and/or Kids Yoga Classes. We encourage you to save your space by [Registering at this link](#). Drop-ins are permitted if space is available. The free classes are taking place at:

Dovercourt House

805 Dovercourt Ave., Toronto, ON, M6H 2X4
 (1 1/2 blocks north of Bloor, 5 blocks east of Dufferin)

Class Hours:

- **Family Yoga Saturday 1:30 – 2:30 pm (all ages)**
 Arrive any time after 1:15 pm to set up
- **Kids Yoga Camp Sunday 3 – 5 pm (ages 5+)**
 Arrive any time after 2:45 pm to set up



Free Classes take place during the Kids Yoga Teacher Training on:

- **Sept 29 – 30, 2018 during Yoga Literacy Teacher Training**
- **Oct. 20-21, 2018 during Chakras, Family and Kids Yoga Teacher Training**
- **Nov. 24-25, 2018 during Themes and Dreams Teacher Training**
- **Feb. 9-10, 2019 during Inclusive Yoga Teacher Training**
- **April 27-28, 2019 during Mindfulness for Children Teacher Training**
- **May 25-26, 2019 during Level 2: Children's Yoga Teacher Mastermind Teacher Training**

Important Information:

- **About the Class Registration:** All our yoga classes utilize play based learning. Our focus is on having fun while doing poses and learning about yoga, relaxation, and reducing anxiety. Class registration is \$10 per family per class. The amount will be refunded through Paypal the week after the class if you attend the class. We want to encourage those who register to attend. For those who attend the classes are free because they are taught by kids' yoga teachers in training under the supervision of the Lead Trainer of our Yoga Alliance –Registered Children's Yoga School.

- **About Family Yoga (all ages):** Both adults and children are encouraged to do yoga (as per their abilities). This class is taught by the Lead Trainer on the first day of the Kids Yoga Teacher Training weekend. If you bring young children we encourage you to help them return to the class if they wander away, but if your children are watching what is going on, as often happens, we encourage adults to do the activity and model the activity. When in doubt, your Yoga Teacher will let you know if something needs to be done, otherwise adults are encouraged to participate in the yoga class. We always do yoga poses, bonding activities such as partner yoga, and a relaxation time appropriate for children.
- **About the Kids Yoga Camps (ages 5+):** These 2 hour camps happen on Sunday afternoon (3-5 pm), as the last part of the Kids Yoga Teacher Training weekend. There are 10 – 15 new teachers looking forward to teaching your children about yoga. Parents are invited to leave their cell number and drop kids off any time after 2:45 pm, then pick them up at 5 pm. There are seats in the entryway to oversee the classes if desired. In the 2 hour class your kids will do yoga, play yoga games, do crafts, and have relaxation and mindful time. The activities change with each class.
- **Dress to do yoga and bring your yoga mat and water bottle:** Dovercourt House is a large dance studio with wood floors. Bring a yoga mat if you have one. Bring your water bottle too. We have a few yoga mats that can be borrowed. Dress in layers to do yoga, crafts, and relaxation.
- **Parking:** Street parking on Dovercourt is free for 3 hours. If you choose street parking, be sure to check the signs carefully to make sure you are parking on the correct side of the arrows – the police ticket regularly. There are Green P Parking lots on Salem Ave, Ossington Ave, and Bartlett Ave, the cost is about \$4.
- **Directions by Public Transport:** From Ossington Subway Station, take the Delaware exit (from the underground level). Walk 1 block North to Northumberland St., then 1 block West to Dovercourt Rd., turn North (right). The building is adjacent to the Salvation Army Parking Lot on the East side.

If you have any questions contact: Aruna 416-944-2888 (cell) aruna@YoungYogaMasters.com

Thank you for joining us for Kids Yoga with Young Yoga Masters.

We look forward to seeing you at the next class.

Yours truly,

Aruna

Aruna Kathy Humphrys

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P.S. Help us achieve our mission to equip every child with tools to manage stress and to be healthy.

If you know someone who supports this goal, please tell them about our [Kids Yoga Teacher Training](#) and the Kids Yoga Classes. Your referrals mean a lot!

<https://youngyogamasters.com/kids-yoga-teacher-training/>