

Yogabilitation

Teddi Barenholtz PT MS RYT

325 Reef Road, Suite 209

Fairfield, CT 06824

Registration for Workshop: *Please complete this form and return with your check for the appropriate amount to the above address.*

Name: _____

Address: _____

Phone: _____

E-mail: _____

Circle to indicate which Workshop you are Registering for:

1. Radiant Child Yoga Program Level One and Two – Children’s Yoga Teacher Training
May 3 and 4, 2008 Cost \$375.00
2. Yoga for Developmental Delay
June 7 and 8, 2008 Cost \$375.00 (21 days advance \$350)
3. Sun Yoga Children’s Yoga Program
June 27, 28, 29 Cost \$500.00 (21 days advance \$475)

Please provide the following information:

Yoga experience – years, type of yoga, personal practice:

Professional and personal experience with working with Children:

Pertinent Medical information or injuries:

Pre-requisite and Recommendations for Workshop:

1. Overall Good Health and/or good awareness of your own limitations and/or clearance from your doctor if medical concerns.
2. Some experience with yoga is preferable but not required. If you are not a regular yogi try attending a yoga class in your local community or rent a tape from the library.

Please Call 203-254-1311 or 203-400-1363 or email Yogabilitation@aol.com if you have any questions.



Radiant Child Yoga Program Teacher Training Program Level One and Two

The Radiant Child Yoga Program is a training program for anyone who is interested in teaching children yoga. This course is good for all levels and great for teachers, therapist and parents interested in incorporating children's yoga in their work or home. The course includes:

- Yoga poses, meditations and breathing exercises for children.
- Yoga songs and games that children find engaging.
- Guidelines for teaching different ages from babies to teens.
- Structuring and managing a yoga class for children.
- Incorporating yoga into the school and therapy setting.
- Brain Balancing activities for ADHD, DSI and ASD.
- Practice session creating and leading a children's class.

When: May 3 and 4, 2008, 8:00 a.m. to 6:00 p.m.

**Where: Yogabilitation
325 Reef Road Suite 209
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Cost: \$375.00 The course includes a CD of Children's yoga songs, CD Relax` and Renew, the book Fly Like a Butterfly and Kundalini Yoga Shakta Kaur Khalsa and a 50 page manual.(\$165.00 value) Visit www.childrensyoga.com to learn more about the Radiant Child Yoga and Shakta Kaur Khalsa

CEU credits available for Yoga Alliance, private/ public schools, OT/PT practices

Your Instructor: Teddi Barenholtz is a licensed physical therapist and registered with the yoga alliance at the 500 hour level. Teddi currently works in early intervention in Fairfield County Connecticut and has a private practice YOGABILITATION. She integrates yoga and physical therapy in her work with adults and children. Teddi is a certified Kundalini and Integrative Yoga teacher and therapist. She has completed training as a YogaKids and Radiant Child Facilitator. She has trained with Sonia Sumar and has completed training as Yoga for the Special Child Practitioner. She gives workshops internationally. the Radiant Child Yoga Program and YogaSense; Sensory Integration through Yoga workshop.

**To Register: contact Teddi Barenholtz PT MS RYCall 203-254-1311
or e-mail yogabilitation@aol.com.**