



# CHILDPLAY YOGA

A creative and expressive yoga based program for children

## The Childplay Yoga Program

Taught by the creator  
of The Childplay Yoga  
Program - Gurudass Kaur



Gurudass has been teaching yoga and working with children for over 35 years, holds a BA in Education from the University of Massachusetts and is a certified AMIS Montessori Teacher. She is a KRI and Yoga Alliance certified yoga teacher and trainer; and a talented musician and singer who has recorded many mantra and song CD's.

For more information or to register:

Call Amrit K. Khalsa  
503-661-8259

Send Check payable to:  
KYNW  
3209 SW Corbeth Lane  
Troutdale, OR 97060

Pre-register through PayPal at  
[ekongkarsatnam@hotmail.com](mailto:ekongkarsatnam@hotmail.com);  
In comment box write ChildPlay

*This 22 hour in-depth training program is geared to anyone interested in offering creative, fun and empowering yoga oriented classes for children aged 3-12, teens and groups of adults.*

*It is also a program for adults who desire to awaken the playful child within. Many yoga teachers, from all traditions, gain ideas, games and lighthearted techniques to use with adults outside the format of a structured yoga class. These techniques help create trust,*

*increase sensitivity, strengthen communication and build relationships and a sense of community!*

*With the Childplay Yoga Program children play at yoga to become more balanced physically, mentally, emotionally and spiritually.*

*It provides the opportunity to enhance their coordination, balance, flexibility, group skills, sense of humor, self-esteem, concentration and to work out excess energy in a positive uplifting environment.*

## Treat yourself to a weekend of PLAY!

- You will learn and experience the many possible components that can be mixed and matched to create dynamic and sensitive children's yoga classes.
- You will learn how to inspire the children to participate, hold their interest and attention while having tons of fun.
- You will learn how to set up a class to insure its success.
- You will experience first hand a wide array of creative games, exercises, postures, meditations, etc. for your classes.
- You will learn to create and encourage an atmosphere of joy and acceptance where children will discover their own sense of harmony.
- You will learn from an experienced professional what works and what doesn't!

**Dates:** March 23-25, 2012

Friday: 6-9pm

Sat & Sun: 8:30am-5:30pm

**Location:** Tabor Space

5441 SE Belmont St, Portland, OR

**Cost:** \$350 if registered by March 1st  
\$400 after March 1st

-includes Lunch, ChildPlay Manual, DVD,  
2 CD's and Certificate of Completion

