



**radiant**  
**child**® **yoga**  
**teacher training**  
children's yoga at its best!



find the  
yoga child within  
and bring the  
gift of yoga  
to children

**Phnom Penh**  
**Cambodia**  
**7-9 September 2012**

**yogibee**

An inspiring, fun and practical training course for all levels of experience with children and/or yoga training.

Beginners are welcome.

Come prepared to move your body and rediscover the child within!

**Teacher Training**  
**Program Levels 1-3**  
with **Siri Mukta Kaur**



### About the Course

The Radiant Child Yoga Program is a 20 hour training program developed by Shakta Kaur Khalsa during 35 years experience with children and yoga. RCYP is yoga teacher training at its best. RCYP qualifies as credit hours for RYT certification through Yoga Alliance. A certificate is given upon completion.

The course includes a comprehensive teacher training handbook, books, CDs, DVD and workbook.

*"Thank you for a wonderful, inspirational, informative weekend. I had a ball and have learnt so much." Amy Rutten, May 2010*



yogibee



## course content

### For working with children

Guidelines and benefits for teaching yoga to children from toddlers to teens

Participate in sample classes for children aged 3-6, 4-8 and 8-12

Yoga postures, stories, songs, games and activities to share with children

Exploring a variety of meditation and relaxation practices

Brain balancing yoga and Brain Gym skills

Yoga in Motion movements, games and dances that children love

Practical tips to keep class focused and engaged

Practical tools for every situation that arises

Setting up children's yoga business/classes

Yoga for ADD, Autism, SPD

Adapting yoga for schools

Development of children's energy field and chakras

Yogic teachings about children, including the four phases of a child's life

Teaching partner and group yoga

### For you as teacher/parent

Powerful yoga and meditation practice to become fully present to yourself and your children

Practice conscious communication skills, such as Deep Listening and Engaging Cooperation

Sharing knowledge and networking with others

Tips for staying centred, no matter what!

Practicum Teaching class (completed within 2 months of the course and submitted for assessment)

## About the facilitator

**Siri Mukta's** yoga practice is with adults, children and their families. With a passion she assists to open the hearts and minds of children, inspiring them to search deeper, seek further and explore their own inner gifts.

Siri Mukta began her career in Communications. After the birth of her first child in 1998, she felt a deep need for programs to equip children to enjoy life through a strong sense of self and purpose, non-competitive exercise and skills to calm and encourage their natural radiance. With this inner strength children have the ability to adapt to and initiate positive change and to confidently create their lives and community.

Yogibee, founded by Siri Mukta, is dedicated to helping adults and children be yogic in everyday life. Yogibee has the privilege and joy of accepting invitations to share yoga nationally and internationally (China, Malaysia, Cambodia, Vietnam, Thailand).

Siri Mukta trained with Shakta Kaur Khalsa (and brought her to Australia) to become a Radiant Child Yoga Program Teacher Trainer. She is a certified Kundalini Yoga instructor (KYTANZ), a RCYP children's yoga teacher (Levels 1-3), has completed Yoga for the Special Child (Level 1) with Sonia Sumar and Conscious Pregnancy with Tarn Taran Kaur. She has been teaching and advocating yoga for children since 2002.

As a yoga practitioner for over 18 years Siri Mukta continues to inspire with the gift of yoga. Join her to teach with fun and passion our new generations of children - that they may know their inner selves and live in peace, love and authenticity: to be.



**A certificate training course for teachers, parents, therapists and those who would like to**

**give children the gift of yoga**

**Phnom Penh Cambodia  
7-9 September 2012**

Kundalini House  
[INSERT NEW ADDRESS]

**Tuition Fee\***  
\$TBC (\$TBC Early Bird)

All fees payable by **18 May 2012**  
Early bird offer - full payment one month earlier  
\*Tuition fee includes course manual and materials.  
Excludes meals, accommodation, travel, transfers.

**Enquiries and Bookings**

**Kundalini House**

[Insert #]

[info@kundaliniyogacambodia.org](mailto:info@kundaliniyogacambodia.org)

**Further Information**

For children's yoga and training please visit  
[www.yogibee.com.au](http://www.yogibee.com.au) or [www.childrensyoga.com](http://www.childrensyoga.com)

**Places are limited.**

This is to assist full participant interaction,  
learning and fun!

**yogibee**

[info@yogibee.com.au](mailto:info@yogibee.com.au)  
[www.yogibee.com.au](http://www.yogibee.com.au)