

YOGA PLAYGROUNDS:

Spaces & Structures for Health & Empowerment

November 6-8, 2009

Friday 6:00-10:00pm
Saturday 12:00-8:00pm
Sunday 12:00-6:00pm

LOCATION

Larkspur Landing

PRICE

\$395 by 11/1; \$450 after
*15% off for School Teachers

REGISTER

415. 925.2440

Learn creative ways to transform yoga practices into playgrounds of self-discovery for children (ages 3-12) at home, school, yoga studio. Map out series of playful yoga lessons centering on the exploration of breath, alignment, focus, flexibility, kindness, and teamwork. **Inspire kids to develop life-enhancing capacities:**

- * centering & mind-body awareness
- * fluid strength & flexibility
- * emotional stability & stress management
- * self-confidence & patience

Essential for anyone that wants to enhance the lives of children through yoga. Ideal for yoga teachers, parents, grandparents, classroom teachers, counselors, and caregivers with a regular yoga practice.

Leah Kalish, MA has co-authored the *Yoga Pretzel*, *Planet Decks*, the *Yoga Kit for Kids*, and is featured in Gaiam's *Yoga Fitness for Kids* videos.



with

**LEAH
KALISH**



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EDUCATION**

