

Kids Yoga Teacher Training

Flexible Training ~ 6 Modules ~ Full Certification

About the Trainers

A Teacher is Like a Forklift

One of our favorite stories comes from Yogi Bhanan who said, "Be the forklift." A forklift is a machine found at many warehouses and construction sites used to stack things. The forks go under the skid and then lift it up to stack it.



A Forklift is Used to Elevate

That is what a good teacher does, they go to where the student is at, and only then can they elevate them. But if the connection is not made, to meet the student where they are at, then a teacher cannot elevate anyone. This is especially true with kid's yoga.

The Challenge of Teaching Kids – Solved by the Forklift

Some yoga is not understood by the children because the teacher did not meet the children where they are at. On the other hand some kid's yoga does a great job of meeting children where they are at, but they stay there playing games all the time, they never go the next step of lifting up.

It is a gift to be a teacher who uses their happiness, knowledge, and power to uplift others. There is no greater honour in life than to help others feel better, to help others feel happier, and to help others recognize the power within themselves. That is why a great teacher is like a forklift.

That is the goal of our Kids Yoga Teacher Training - to be the forklift, by bringing not only fun yoga to children, but also elevating them with real yoga. We share ways to have fun with kids but also to uplift them, with tools for self-mastery, like the forklift.

When you sign up for the Registered Children's Yoga Teacher Training School you'll get tools, ideas and inspiration that help you be the forklift for the kids you teach.



Janet Williams

Certified Primary/Junior Teacher (B.Ed), E-RYT200, RCYT (Registered Children's Yoga Teacher)

Janet Williams is thrilled to be a Faculty Instructor and Co-Director of the Young Yoga Masters Registered Children's Yoga School (RCYS). Janet is the award-winning author of the children's picture book "*What I See, I Can Be: A Guided Yoga Flow for Children*". Concerned about the increasing amount of sedentary activities that both adult and children engage in, and the fact that the upcoming generation is expected to have a shorter life expectancy due to obesity related issues, she decided to take action. She has taught thousands of parents, teachers, and children

how to do safe, fun, and age appropriate yoga.

Janet's mission is to promote healthy and active children so that they may lead long, healthy and happy lives. Janet has been going into schools, daycares, parenting network groups and yoga studios, teaching children, parents and educators how to keep children healthy through kids yoga. She has developed easy to use children's yoga resources that are fun for the whole family. The products promote physical activity and provide a safe and fun Yoga workout. All of the resources have been Printed in Canada on FSC Certified Environmentally Friendly Paper. Her Eco Kids Yoga Mat is made with environmentally friendly & child-safe TPE. Janet is a proud supporter of the Nature Conservancy of Canada.

Teaching has always been a part of Janet's life and it brings her joy to help others. In 1993 she received her Bachelor of Education from York University and is a certified Primary-Junior School Teacher. Janet is a certified Hatha Yoga Instructor and has studied many styles of Yoga in Canada, Australia, England and Spain. She has been practicing Yoga since 1988 and has been teaching Yoga since 1996.



Aruna Kathy Humphrys

B.A., E-RYT200, RCYT (Registered Children's Yoga Teacher)

Step into the world of the Young Yoga Masters creator Aruna Kathy Humphrys and your central nervous system will rejoice in a soothing Ahhhh as you immerse in a field of Yes! Energy. Her Teacher Training is filled with ideas that open hearts and minds to the world of kid's yoga, because teaching children means boiling everything down to the simplest explanation, which leads to proclamations of "Yes! I get it!" from all ages.

When the kids in her classes asked if they could keep her 3-D yoga props, Aruna answered with a resounding "Absolutely you can!" She invented the *Yoga Literacy: Frog Yoga Alphabet* and *Inclusive Yoga: Yoga Man* Teacher Trainings and E-books as an accessible, inexpensive solution.

Since their conception, her trainings and digital products remain well-received by teachers, moms and kids worldwide because their content (and re-usability) are consistently tested, torn, and enthusiastically chewed to the bone by Young Yoga Masters. She's taught yoga to hundreds of kids in Canadian public schools and daycare centers.

Aruna is the author of *Yoga Man vs. The Stressor: Yoga for Boys Teacher Training and Games Manual*, and the award-winning Young Yoga Masters blog (the world's first blog covering kids yoga exclusively). A certified yoga instructor since 1998, she has over 200 testimonials from happy adult clients for her Kids Yoga Teacher Training, a Registered Children's Yoga School. Once upon a time Aruna lived in an Ashram for six years. Now she lives in Ontario, Canada, and enjoys singing, ukulele playing and technology.

Become a Children's Yoga Teacher

Register at: www.ChildrensYogaBooks.com

(Modules can be taken alone or with the 95 hour training)