

Kids Yoga Teacher Training

Summer Certification Information

Friday July 18 – Sunday July 27, 2014

A Registered Children's Yoga School

Dear Friends,

Thank you for considering our Kids Yoga Teacher Certificate program this summer in Ontario. This information kit will provide you with details of the training, and accommodation information to allow you to prepare for the program.

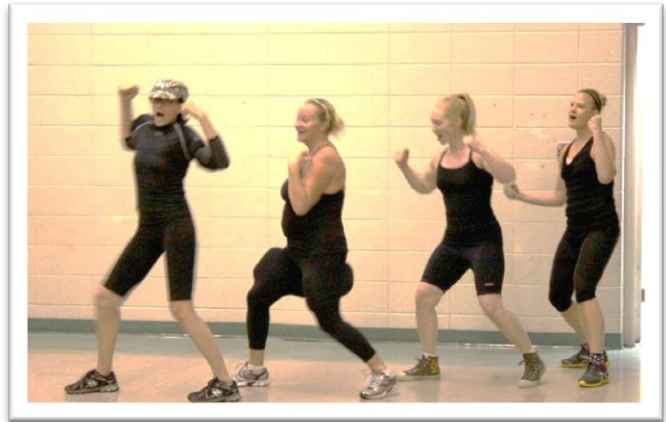
If you have any questions feel free to contact:

Janet Williams:

www.ChildrensYogaBooks.com

info@ChildrensYogaBooks.com

Phone: 905-501-1927



Group Teaching about the Muscles at the Kids Camp

Dates, Times, and Location



Arrival:

Friday July 18,

Check In for Training

12 – 1 pm,

Training Starts at 1 pm

Departure:

Course finishes at 4 pm on

Sunday July 27, 2014

The training is based at: **The Welland Residence and Conference Centre**

555 First Avenue, Welland, Ontario, Canada, L3C 7L4

Here is a link to Location on Google Maps: <http://goo.gl/maps/PM8u7>

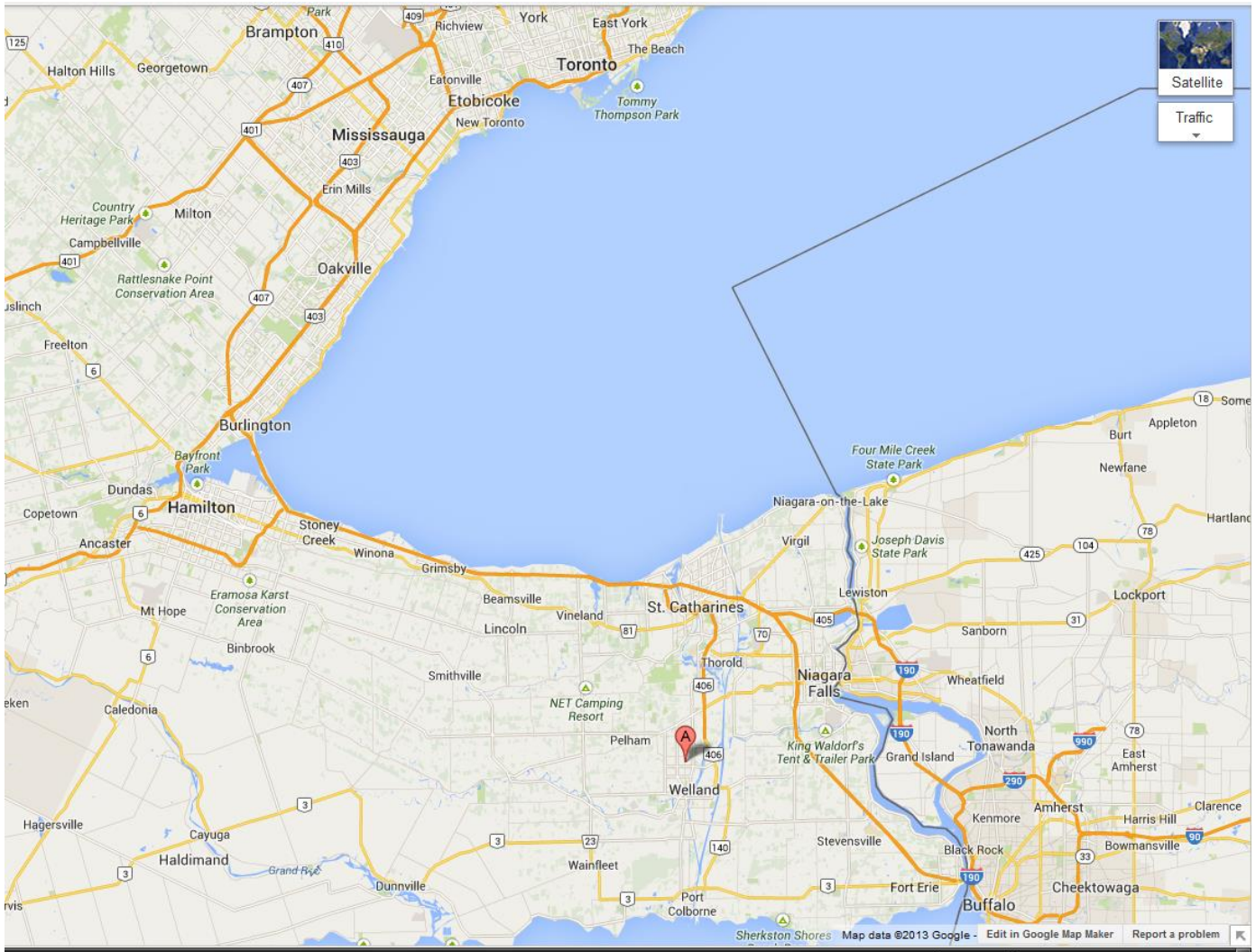
Kids Yoga Teacher Certification
info@ChildrensYogaBooks.com

<http://www.childrensyogabooks.com/training.html>
Phone: 905-501-1927

Map to The Welland Conference Centre

Location for Kids Yoga Teacher Certification

More information is available at: <http://www.stayrcc.com/properties/view/index/Welland/5/>



Registration Information

Kids Yoga Teacher 95 Hour Certification

July 18 – 27, 2014, Welland, Ontario, Canada

Early Registration – by April 30/14:	
<p>Save Up to \$350 with Early Registration:</p> <ul style="list-style-type: none"> • \$1850 ^{+ tax} Full Payment by April 30/14 	<p>Early Registration Installment Plan:</p> <ul style="list-style-type: none"> * \$500 ^{+ tax} deposit by April 30/14 to hold your place * \$1400 ^{+ tax} balance due June 15/14
Registration after April 30/14:	
<p>Save \$50 with Full Registration</p> <ul style="list-style-type: none"> • \$2150 + tax Full Payment after May 1/14 	<p>Installment Plan:</p> <ul style="list-style-type: none"> * \$500 ^{+ tax} deposit after May 1/14 to hold your place * \$1700 ^{+ tax} balance due July 1/14
<p>* Note: All Registration Amounts in Canadian Dollars - Any payments in other currencies will be exchanged at banking rate at time of deposit</p>	
Registration Includes:	
<ul style="list-style-type: none"> • Full Kids Yoga Teacher Training from Young Yoga Masters, a Yoga Alliance Registered Children’s Yoga School • All Teacher Training Manuals and Handouts • What I See, I Can Be – Teacher Package including the Award Winning book, CD, DVD, Poster, Colouring Book, and Colour-Me Poster • The Frog Yoga Alphabet Teacher Training Double Pack, Colour Yoga Flash Cards, Colour Alphabet Book, Yoga Stickers, and digital file emailed to you after training for home printing • Yoga Man vs. The Stressor – Yoga for Boys colouring pages and digital files emailed to you after training for home printing • You will take home even more games, activities, and props during the week that will keep your yoga classes interesting and keep kids coming back for more yoga 	

How to Secure Your Space:

1. Register by any of these methods

- ✓ INTERAC e-Transfer send to info@childrensyogabooks.com with the security password: WELLAND
- ✓ Cheque to “Janet Williams” and mail to: 5082 Parkplace Circle , Mississauga, ON, L5V 2M1
- ✓ Paypal using Credit Card or Paypal account: register on www.childrensyogabooks.com/training.html

2. Complete the Participant Survey

We would like to get to know you a bit better before we meet you in person. Please provide your phone number so we can set up a time for a 15 minute call and we can complete the participant survey together.

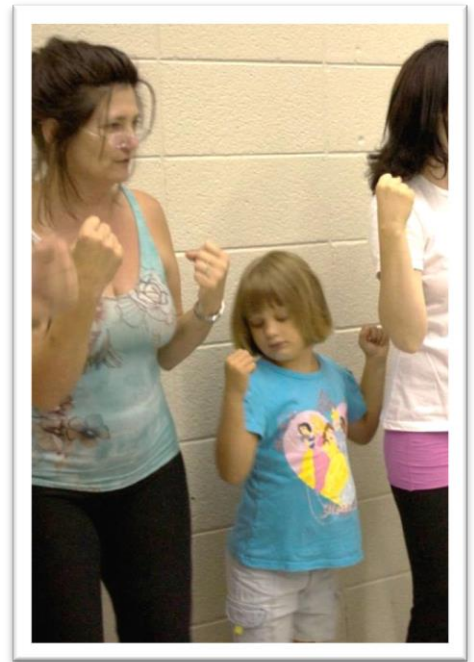
3. Arrange Your Accommodations (if needed)

- See Accommodation information below.

What to Bring for the Training

Typical temperatures in July near Niagara Falls are a High of 27 degrees Celsius (80 degrees Fahrenheit) and a Low of 16 degrees Celsius (60 degrees Fahrenheit). We also recommend you bring:

- lots of yoga clothes, consider packing layers for hot summer days and cooler nights.
- yoga mat, cushion, and any other props to assist you while sitting on the floor during the training (most of the training will be in the yoga room, however, participants can request a conference centre chair if desired)
- pen and notebook
- water bottle and travel mug with lid (only drinks with lids are allowed in studio)
- shawl or sweater for relaxation times
- Be sure to allow for room to bring home your course materials which include 6 manuals, 2 books, a poster, a breathing ball and a few smaller items (approximate weight for those flying: 7 kg/15 lbs).
- See section below for recommendations on accommodations and meals.



Kids Learning About the Muscles
at Kids Camp

Friday July 18—Sunday 27, 2014

Daily Schedule*

Kids Yoga Teacher Training Intensive

Friday July 18 7 hours Training	Saturday July 19 8 hours Training	Sunday July 20 9 hours Training	Monday July 21 10 hours Training	Tuesday July 22 9 hours Training	Wednesday July 23 9 hours Training	Thursday July 24 9 hours Training	Friday July 25 10 hours Training	Saturday July 26 9 hours Training	Sunday July 27 9 hours Training
	7-8:30 am Yoga/Training	7-8:30 am Yoga/Training	7-8:00 am Yoga/Training	7-8:00 am Yoga/Training	7-8:00 am Yoga/Training	7-8:00 am Yoga/Training	7-8:00 am Yoga/Training	7-8:30 am Yoga/Training	7-8:30 am Yoga/Training
	8:30-9:30 am Breakfast	8:30-9:30 am Breakfast	8-8:30 am Breakfast	8-8:30 am Breakfast	8-8:30 am Breakfast	8-8:30 am Breakfast	8-8:30 am Breakfast	8:30-9:30 am Breakfast	8:30-9:30 am Breakfast
Check In Registration 12-1 pm	9:30-1 pm Training	9:30-1 pm Training	8:30-12:15 Kids Camp/ Practicum	8:30-12:15 Kids Camp/ Practicum	8:30-12:15 Kids Camp/ Practicum	8:30-12:15 Kids Camp/ Practicum	8:30-12:15 Kids Camp/ Practicum	9:30-12:30 Training	9:30-12 pm Training
	1-2:30 pm Lunch	1-2:30 pm Lunch	12:15-1:45 Lunch	12:15-1:45 Lunch	12:15-1:45 Lunch	12:15-1:45 Lunch	12:15-1:45 Lunch	12:30-2 pm Lunch	12 noon-1 pm Group Lunch
1-5 pm Training	2:30-6:30 Training	2:30-6:30 Training	1:45-5 pm Training	1:45-6:30 Training	1:45-6:30 Training	1:45-6:30 Training	1:45-6:30 Training	2-6:30 pm Training	1-3 pm Training
Welcome Dinner			Dinner						3-4 pm Graduation Ceremony
6-9 pm Training	Free Time/ Self Study	Free Time/ Self Study	6-8 pm Training	Free Time/ Self Study	Free Time/ Self Study	Free Time/ Self Study	Free Time/ Self Study	Optional: Group Dinner at Restaurant	Departure Have a Safe Trip Home!

Times are Subject to Change: Includes Min 87 Contact Hours. Self Study (Non-contact hours) may be completed during free time or after the training ends.

- Meals in this colour—are included in registration
- Breakfast is included for those with rooms booked at the Conference Centre

Accommodations

For those travelling from out of town we recommend [The Welland Residence and Conference Centre](#). The training will take place at this location. It is a college residence that rents out their rooms in the summer. Accommodations are clean, simple, and affordable.

Book Your Accommodations:

A block of rooms is reserved a reduced rate for those attending the training. The reduced rate is not available through website booking. Call to book or with any questions. For reduced rate give our group name: **Kids Yoga Teacher Training**

The Welland Residence and Conference Centre

Mike Parente, Sales Manager
555 First Avenue, Welland, ON, Canada, L3C 7L4
Telephone: (905)732-9700

Fax: (905)735-0585

Email: mparente@stayrcc.com

Web: www.stayrcc.com/welland



Nightly Rates:

We have reserved a block of rooms at a reduced rate for the training (9 nights). You will also be able to get the reduced rate a few days before and after the training if you reserve early.

- Single (One Person in Suite): \$69.95/night
- Double (Two People in Suite): \$69.95/night
- Triple (Three People in Suite): \$74.95/night
- Quadruple (Four People in Suite): \$79.95/night
- One child under 12 is free, other children are \$5 per night extra

Room Share/ Ride Share

These suites are great for sharing (see picture on next page). Visit our [Facebook Page Here](#) and leave a comment to connect with others looking for a roommate. Sharing a room will cost approximately 9 x \$35/night= \$315^{+ tax} per person for accommodations during the training.

Welland Residence Suites Include:

Each Suite Includes:

- 2 Bedrooms with a double bed in each room
(see side picture of suite for layout)
- 1 bathroom per suite
- Small kitchenette with fridge, microwave, sink
(note: cutlery and plates are not included)
- Bedding, linen, towels
- We recommend you bring:
 - a travel mug, plate, and bowl for your room
 - cutlery for yourself, knife
 - salt, pepper, condiments, all food if you plan to cook during the training (see meal info below)
 - tea towel and small container of dish soap
 - any other equipment for your meals



Floor Plan of a Suite

Meals

There are 3 meals included in the course (2 dinners and 1 lunch – see “Daily Schedule”). All other meals are your responsibility. Here are some of your options for meals:

Breakfast: is included for those staying at the Residence.

Kitchen in the Suites: All suites in the Residence have a small kitchenette with full size fridge, microwave and sink.

Common Kitchen on Floor: Our block of rooms is on the floor with a common kitchen (see side picture). We will be bringing some pots and pans to share. Please bring any special equipment you want for your meals. Bring your own cutlery, plates, mugs, etc. if you plan to cook.



Common Kitchen On Residence Floor

Tea and coffee will be provided throughout the training by the Conference Centre.

Campus Cafeteria: There is a food court a short walk across campus in the main building. There is a Tim Hortons, Subway and a hot food restaurant there. The food court closes in the late afternoon in the summer.

Grocery Stores: there is a full service grocery store within walking distance from the Conference Centre.

Zehrs Great Food (1.2 km from Residence) www.Zehrs.ca
821 Niagara Street, Welland, ON L3C 1M4, (905) 732-9377

Food Basics (2.3 km from Residence) www.foodbasics.ca
325 Thorold W, Welland, ON L3C 3W4 (905) 735-4320

Welland Farmers Market (4km from Residence) **Open Saturday's 6 am - noon**
50 Market Square (on the Corner of Young and Division Streets)

Lunch: From Monday to Friday lunch will take place either before or after the Kids Yoga Camp (details will be finalized soon). You can eat out or come back to the residence for lunch.

Dinner: There are over 100 restaurants in Welland.

Check out these [recommended restaurants](#) in the Welland area:

http://www.tripadvisor.ca/Restaurants-g181735-Welland_Ontario.html

More Recommended Restaurants near Welland

THE SMOKIN' BUDDHA (featured on "You Gotta Eat Here")
265 King Street, Port Colborne, ON, L3K 4G8 905-834-6000
<http://www.thesmokinbuddha.com/>

Moksha Indian Bistro
5993 Stanley Avenue, Niagara Falls, Ontario L2G 3Y2, Canada
<http://www.mokshaniagara.com/>

Directions to the Welland Residence and Conference Centre

555 First Ave., Welland, Ontario, Canada L3C 7L4

To share a ride visit our [Facebook Page Here and](#) leave a comment to connect with others.

Welland Ontario Canada is:

- 21 kilometers from Niagara Falls, Ontario
- 65 kilometers from the Buffalo International Airport
- 130 kilometers from Toronto Pearson Airport (YYZ), Ontario

Airport and Shuttle Information

Buffalo International Airport (BUF)

The Buffalo International Airport in the USA is code BUF. [Here is a link to all the ground transportation options](#) available to get from BUF airport to Welland.

The [MegaBus](#) has multiple buses each day from BUF to Niagara Falls and from Niagara Falls to Welland.

Toronto Pearson International Airport (YYZ) – Toronto, Canada

The closest major International airport in Canada is Pearson International Airport, code YYZ.

For transport from Pearson I recommend [Niagaraairbus.com](#) shuttle service. Cost is approx. \$150 round trip if you book 4 days in advance. This shuttle leaves the airport every 60-90 minutes and they will bring you to the door of the campus. If 3 or more people book the same shuttle to the retreat as a group, the cost is approximately \$97 round trip. Contact info@childrensyogabooks.com if you are interested in being part of a group shuttle.

Billy Bishop Airport (YTZ) – Downtown Toronto Island Airport

This airport is much smaller than Pearson but is closer to downtown Toronto, Union Station, and the Go Bus Terminal. (See Bus info below)

Hamilton International Airport (YHM) – Hamilton, Canada

The Hamilton International Airport (code YHM) is about 70 km to Jericho House, Canada. However, this is a small airport with limited flights. They also do not have regularly scheduled shuttle transportation.

If you fly into Hamilton consider contacting these companies in advance to book shuttle service:

- Airways Transit: www.airwaystransit.com
- Niagara Airbus: www.niagaraairbus.com
- Red Car Service: www.redcarservice.com

Bus:

Bus schedules to the Niagara Campus and Residence are at the following links:

- St. Catharines Bus Schedules - <http://www.yourbus.com/routes-schedules/niagara-college/>
- Welland Transit Bus Schedules - <http://www.welland.ca/Transit/Routes.asp>
- St. Catharines/Welland Transfer - <http://www.welland.ca/Transit/WellandStCatharines.asp>
- SAC UPASS - <http://ncsac.ca/page/u-pass>
- Niagara Falls Transit Bus Schedule:
http://www.niagarafalls.ca/city_hall/departments/transportation_services/transit/pdf/niagara_college_schedule.pdf

Driving: From Toronto & Hamilton

1. Exit QEW at Hwy. 406 south to Welland.
2. Take Woodlawn Road exit.
3. Turn right on First Avenue.
4. Turn left into the College.

From Fort Erie

1. Take QEW > Toronto
2. Exit at Netherby Road
3. Take Netherby Road (West) to Montrose Road Intersection
4. Turn Right onto Montrose Road
5. Turn Left onto Schisler Road (Becomes East Main as it goes through Tunnel)
6. Upon Exiting Tunnel, Turn Right onto Hwy 406
7. Turn Left onto Woodlawn Road Exit
8. Follow Woodlawn Road (crossing Niagara Street) until First Avenue intersection (Niagara College)

Local Sites and Resources:



Niagara Falls, Ontario:

One of the biggest attractions in Canada and most consider it worth the visit! We're a short drive (about 20 minutes) from the falls so it is worth going for dinner one night if you haven't seen them before. If you have some time for sight seeing before or after the training check out:

- [Hornblower Niagara Cruises](#)
- [The Butterfly Conservatory](#)
- [Whirlpool Aero Car](#)

The Welland Canals:

You can see ships from around the world pass through the canal system in Welland. [Details are here.](#)

For Any Other Information, Give Us a Call or Email

Come give yourself a summer to remember and get your Kids Yoga Teaching Certificate. Register early to reserve your spot. You'll be surprised how teaching yoga to children changes your own life too!