

# YOGA Level 2 THERAPY

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A Creative Relaxation®  
Certification Course

## for Children with Autism and Special Needs

### 12-Hour Training Course - Level 2

for yoga teachers, educators and therapists

*Yoga teachers may use these hours for CEU's  
or toward the 500 hour Yoga Alliance certification.*

**Saturday, June 2 | 12:00 – 5:00 pm**  
**Sunday, June 3 | 9:00 am – 5:00 pm**

**Yoga Center of Deerfield Beach**  
827 SE 9th Street  
Deerfield Beach  
[www.yogacenterdb.com](http://www.yogacenterdb.com)

### The Teacher Training Course Includes:

- Addendum to Training Manual
- Advanced Curriculum
- Certification for Level 2

**Course Cost:** \$195

**Instructor:** Louise Goldberg  
MA, ERYT 500

**Register by:** May 25, 2012



### The teaching principles of Creative Relaxation®

- make a sacred space
- engage the student
- provide tools for success
- create opportunities for independence

- Updated research on autism and the brain
- Steps and sequencing in postures
- Variety and challenge without stress
- Creating specialized lessons for individuals or groups
- Practice teaching and assessment
- Children with special needs for “live” practice sessions (Your children or students welcome)

### REGISTRATION FORM

or register online at [www.creativerelaxation.net](http://www.creativerelaxation.net)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PHONE \_\_\_\_\_

CELL \_\_\_\_\_

E-MAIL \_\_\_\_\_

Please include this form with your payment of \$195 and send to:  
Relaxation Now • PO Box 93-6123 • Margate, FL 33093

Louise Goldberg, MA, ERYT 500, a certified yoga teacher since 1981, has been a relaxation consultant with the Broward Schools for over 25 years. She teaches and has a private practice at the Yoga Center of Deerfield Beach, and is on the faculty of the Yoga Teacher Training. Louise is co-author of S.T.O.P. and Relax©, a yoga-based visual curriculum. Her DVD Creative Relaxation® features children with ASD. Published in the International Journal of Yoga Therapy, 2004, she is also author of Yoga for Children. She has presented for the Autism Society of America and “Weekend with the Expert Series.” Louise teaches yoga at the Miami Children’s Hospital-Dan Marino Center Camp and has been an English teacher and remedial reading specialist.