

YOGA Level 1 THERAPY

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A Creative Relaxation®
Certification Course

for Children with Autism and Special Needs

12-Hour Training Course

for yoga teachers, educators and therapists

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

Saturday, May 19 | 1:00 – 6:00 pm
Sunday, May 20 | 9:00 am – 5:00 pm

Yoga Center of Deerfield Beach
827 SE 9th Street
Deerfield Beach
www.yogacenterdb.com

The Training Course Includes:

- Training Manual
- Curriculum
- *Yoga for Children* DVD
- Certification

Course Cost: \$195

Instructor: Louise Goldberg
MA, ERYT 500

Register by: May 11, 2012



The teaching principles of Creative Relaxation®

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

- Learn to teach yoga to children with Autism Spectrum Disorders, ADHD & anxiety
- Communicating effectively with children
- Curriculum for visual learners
- Varied styles of teaching
- Yoga for public schools, groups & privates
- HAVING FUN

REGISTRATION FORM

or register online at 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.