



## KIDS YOGA INSTRUCTOR TRAINING WORKSHOP

*Interested in teaching Kids yoga?  
Interested in incorporating Kids yoga  
into your home or classroom?*

This workshop is for anyone who loves working with children be it in a school environment, day-care centre, at home or just likes to bring more fun and laughter into their own practise. This course will provide you with fun filled ideas that are engaging and beneficial for kids of all ages including ideas for breathing and relaxation exercises, using themes, planning a lesson, sequences, partner poses, kids yoga poses and games. Creative ideas for incorporating art, music, books and props

**Saturday, 13th October 1-5pm  
St Stephen's Hall, Applecross  
\$95**

Michelle Renton is a fully qualified school teacher, fitness and yoga instructor. She has been teaching children's yoga and mindfulness for over ten years and currently teaching in day care centres, primary schools and high schools throughout Perth. YOGAZOO is Perth's first kids yoga school in WA and has been running successfully for over ten years. Michelle is a dynamic and energetic teacher who believes that yoga should be a part of every child's life. Her classes are creative and fun yet calming and nurturing - providing a safe space for children of all ages and all abilities to grow and develop. All her classes are made with love and she looks forward to sharing some of her ideas with you.  
Michelle Renton B.A.Dip.Ed. Yoga Alliance Certified. Founder of YOGAZOO

**For bookings please contact Michelle 0414459475/yogazoo@inet.net.au**