



Children's Yoga Speciality Certification Training - A 95-hour Training Program -



A love of self
and others
through
yoga!



EARLY BIRD DISCOUNTS AND PAYMENT PLANS AVAILABLE

Speciality Training Program

Children's yoga speciality program of
90 hours training + 5 hours practicum

Dates:

March 21-22, 2020 9:00am-5:30pm
April 25-26, 2020 9:00am-5:30pm
May 30-31, 2020 9:00am-5:30pm
June 27-28, 2020 9:00am-5:30pm
July 25-26, 2020 9:00am-5:30pm
August 22-23, 2020 9:00am-5:30pm

Cost:

\$1,750 by March 1, 2020 or
\$1,900 regular price (if paid in full)

Location of Training

Viride Wellness Spa
640 E. St. Charles Rd., Unit 104
Carol Stream, IL

Contact Information

Lead Trainer: Amber Bloomquist
Website: www.kindnesskidsyoga.com
fb: @kindnesskidsyoga
ig: @kindnesskidsyoga
yt: kindnesskidsyoga

e-mail: kindnesskidsyoga@gmail.com
phone: 630-520-8238

Who Should Attend?

The Children's Yoga Speciality Certification training program is appropriate for anyone who works with children or wants to begin work with children! No prior yoga experience is required.

- Yoga Teachers
- Pediatric & Family Professionals
- School Teachers (preK - High School)
- Health & Physical Education Teachers
- SEL Directors and Staff
- Child Psychologists & Therapists
- Social Workers
- Before/After School Program Staff
- Physical & Occupational Therapists
- Parents, Guardians & Grandparents
- Camp & Program Counselors
- Child Care Teachers & Owners

Program Content

The Children's Yoga Speciality Certification training program is a comprehensive approach to teach and engage children in yoga. You will learn:

- Principles of Instruction
- Cooperative Classroom
- Class Plan Outline & Lesson Plans
- Complete Yoga Practice of breath, asana, creative movement, games, partner poses, creative expression, relaxation and meditation

Deposit & Payment Plan

A non-refundable \$325 deposit is required at the time of acceptance if balance is not paid in full. The payment plan consists of 6 equal payments of \$325 and will auto-recur monthly.

Policies & Terms

No refunds will be issued within 10 days of the start of training. You will have the option to

make-up at a future training, if it is offered. If we must cancel the program, you will be issued 100% refund. Any personal expenses incurred for this training are the sole responsibility of the student and Kindness Kids Yoga will not reimburse for these expenses for any reason.

After application submission, you will be notified of your status within 5 days. Once you are accepted into the training program, you will receive a bill and your tuition balance is due via credit card (+3% fee), cash or check made payable to Kindness Kids Yoga or you may elect the payment plan.

Meet the Trainer

Amber Bloomquist is on a mission to make the world kinder, one child at a time! She is so honored to have you further her mission in the world.

Amber's background includes:

- 95-hour Global Family Yoga Children's Yoga Speciality Certification
- 50-hour Global Family Yoga Therapeutic Applications of Yoga for Children Certification
- 15 year personal yoga practice
- 2 years teaching kids & families yoga
- 1 year teaching therapeutic applications of yoga for children
- Bachelor's of Business Management with Human Resources concentration
- M.B.A. with Human Resources
- Founder & Owner of Kindness Kids Yoga, Inc.





Children's Yoga Speciality Certification Training APPLICATION

Directions:

Fill out the application completely and submit completed form by way of one of the options listed.

Email: kindnesskidsyoga@gmail.com

Mail: Amber Bloomquist c/o Kindness Kids Yoga, 216 W Madison Ave.,
Wheaton, IL 60187

Online: www.kindnesskidsyoga.com/training, click on Apply Online Now or
download the program information & application

Details:

Children's Yoga Speciality Certification Training, a 95-hour training program

2020 Dates:

March 21-22, April 25-26, May 30-31, June 27-28, July 25-26, August 22-23, 2020

Cost: \$1,750 by March 1, 2020 or \$1,900 if paid in full (add 3% fee if paid by
credit card)

Payment Choice after acceptance:

Cash or Check

Credit Card + 3% fee

Payment Plan

Name _____ Phone _____

Email _____

Street Address _____

City, State, Zip Code _____

Questions:

What is your background with children? Do you have and/or work with children?

What is the age range of the children you have or work with?

How many years have you been in your field or worked with children?

In what ways do you hope to share the practice of yoga with children?

Do you have any yoga experience? If yes, how long & how often do you practice?
Where do you practice? What styles of yoga do you practice?

Do you have any meditation experience? If yes, how long & how often do you practice?
Where do you practice? What styles of meditation do you practice?

Do you have any formal yoga or meditation training, such as a yoga teacher training or certification? What designations do you have (ie. RYT-200, 500, etc)? What yoga or meditation schools and teachers did you study with?

Do you have any exercise routine? If yes, please describe.

List any limitations, physical or mental health issues, allergies, or injuries that you feel I should know as your yoga teacher trainer. This information will help me to make your experience more comfortable.

How did you learn of this training?

Emergency Contact

Name _____ Phone _____
Relationship _____

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Acknowledgement of Application Submission

Signature _____ Today's Date _____