

The Radiant Child

Children's Yoga Teacher Training

Gurumarka Singh Khalsa



Start 7 January 2010

Course

Learn all you need to successfully teach Kundalini Yoga to children of all ages. To teach our children Kundalini Yoga, is an investment in our future and a way to peace.

The training invites you to play, to be spontaneous, to go with the flow and to enjoy life. Learning to teach children's yoga is about healing the wounds of our childhood. Teaching children is living in the moment with our feelings, thoughts and sense of wonder.

We invite you to join us on this journey to places both real and imagined. Learn to tell a story that teaches young children yoga and meditation, by becoming a tree, a lion, a dog, or a flower.

"Every weekend was surprisingly beautiful and full of playful moments. I felt like a child again!!! After each weekend I felt more connected to my 'inner child'. Also contact with my son has improved. The training has given me so much more than the right to teach children, it has healed me as a person and made me more conscious of what it means to be a child in all aspects." Hardyal Kaur

International Childrens Yoga Teacher Training



*"It is a privilege to teach children.
To help instill the values that will
guide them throughout their life.*

*Give them the spiritual values;
give them the social values; give
them the ethical values. Give
them all the values you can give."*

Yogi Bhajan

Children's Yoga Teachertraining

Topics

- Starting a children's yoga class
- Knowing which exercises to teach
- Teaching different age groups
- Handling difficult children
- Games and tips for greater success
- The power of words and thoughts
- Natural stages of development
- Continuous improvement techniques
- Healing your childhood wounds
- Inspiring children to give their best
- Making yoga fun
- Waking up intuition and creativity
- Living your destiny
- Turning problems into opportunities
- Yogic lifestyle

The Benefits of Kundalini Yoga for children

- Improved concentration
- Better sleep
- Deeper connection to Inner Self
- Resistance to illness
- More creativity
- Improved cognition
- Body - mind balance
- Problem solving abilities
- Harmony with natural cycles

Techniques you will learn

- Dynamic postures
- Yogic breathing
- Sound meditation
- Tuning in
- Beautiful chanting
- Relaxing for health

Locations

Biodanza Fabriek
Oostzijde 355
1508 EP Zaandam
tel: 06-15242334
www.biodanzafabriek.nl

De Elegast
Rijksstraatweg 37-77
6574 AC Ubbergen
tel. 024- 3240263
www.elegast-groepsaccommodatie.com

Certification

Upon completion of all the modules a certification will be given.



Teaching Team



Gurumarka Singh lived for 14 years at the New Mexico ashram studying with Yogi Bhajan. He has been teaching Kundalini Yoga since 1972 and has been living, teaching and training teachers in Europe since 1995. Gurumarka also offers: Level 2 Kundalini Yoga Teacher Training; Children's Yoga Teacher Training; LifeMAP, A Strategic Planning for Personal Success; Face Reading, A Heart-Centered Approach to Healing. He creates custom programs for businesses and offers individual therapy to improve health, reduce stress, calm the mind and strengthen the connection to spirit.

Team

Assisting during the training will be dedicated and certified teachers.

Dates: 2010

7-10 January 2010 - *De Biodanza Fabriek*

4-7 March 2010 - *De Elegast*

Directions will be sent after registration

Times:

Arrival: Thursday at 11.00 o'clock

Departure: Sunday at 16.00 o'clock

Costs:

890 € full course fee - includes a non-refundable deposit of 250 €

Room and tasty vegetarian meals

350 € full course total

Save 50 € Pay before 7. Dec. 2009

Other payment options available. Please ask.

Course material 50 €

Limited to 25 students.

Registration:

Send a deposit of 250 € (non-refundable)

1) Bank: ABN-AMRO

Accountnumber: 53.92.21.708

(Only in the Netherlands)

Specify CYTT and your name.

2) Fill out online registration form.

www.lifestylestudio.nl

from home page, click on

radiant child, then 'register here'

Contact information:

Netherlands:

Guru Sangeet Kaur

gurusangeet@lifestylestudio.nl

www.lifestylestudio.nl

www.yogachild.nl

tel: (0031) 06 16 60 20 01

http://www.lifestylestudio.nl/registration-RC/Radiant%20Child_teacherscourse_registration.htm

Germany:

Gurumarka@gmail.com

www.breathislife.com

tel: (0049) 622 141 2057



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This information may change.

When my two children were born and for the first 7 years of their lives, my wife and I lived in an ashram. People have many ideas about ashrams. Most of them, I have found, are not very realistic. Ashram life is very confronting. Because the commitment of the people is to live in a spiritual manner, our ego nonsense is reflected back to us from all the people around us. This is both a pain in the butt and a blessing. The amount of the blessing is directly related to the how much we can take personal responsibility for our thoughts and feelings. Meaning that we accept when we feel angry, it is our anger and not the other person's responsibility for making us angry. We do have a choice, but this only works if we develop enough consciousness to see those choices. Within this frame the ashram offers a unique opportunity for the children to experience a more balanced and normal view of life.

About one hundred years ago, children were raised by the whole community. Many adults were involved in helping a child learn and grow into a conscious adult. This is not the situation in our modern world where the children seem to learn more from television than from their parents. Of course all children learn by example and what they see is that you go to work, you come home late, you struggle to pay your bills, and you have a little time left for your children. They grow up just like their parents.

Being based on a common set of values and participating together in daily prayer and meditation, gives the ashram a common language in teaching the children. For instance the Kundalini Yoga ashram I lived in had a daily sadhana (spiritual discipline), which began at 4.30 and ended at 7.30 every day. The young children were often present, although they were usually sleeping. At least they were in the energy. We were all vegetarians and did not drink alcohol or smoke anything. There were other common themes, but the point is that the children had a consistent message that was lived and taught. This gave them stability and promoted self-confidence. When my wife and I wanted a night out, there were at least five other families that we could call to watch our kids. We did the same for them on other nights. The parents took turns volunteering one day a week to pick up the children after school and to create a learning event for them. I did enjoy this challenge when it was my turn. Once I drove them to a location where we could fly a kite. On the way there we had to drive through a river. Yes drive through. It was not a big river, but it had 15-20 cm of water depth and was over 4 meters wide. And it was flowing very fast. When we drove through, the water splashed up and we made a big bump. The kids wanted me to drive through again. And again. And again. It was more fun than the kite flying.

The time of living in ashrams is part of the past, an evolution in our spiritual awakening in the west. Many of us carry this ashram experience. I am not suggesting that we all move into an ashram, but as much as possible we can offer this experience to our children. Teaching yoga to children is part of this bridge to connect to our soul and our destiny. Through the yoga children can make the inner experience of who they are, what they are capable of, and what brings them joy in life. It often surprises adults how deeply children can go into a meditation. How a child of five can be still and sit in silence. The children appreciate what we do that expands and enriches their understanding of themselves and the world they live in. One of the very first songs that the children learn in the yoga classes has the words, "all things come from God, all things go to God". With this attitude children can learn to better understand the nature of spirit as it manifests in this material world. Our future depends on how well we connect the children to the world of spirit!

Like any endeavor that is worth doing, teaching children also takes effort, planning, sacrifice and hard work. It is a joy and a privilege to be given the chance to teach children yoga and meditation, for these are the skills that will help them be better human beings.

Gurumarka Singh K.