

# Kids & Family Yoga Teaching Training

Connect | Inspire | Empower



Upcoming Dates in 2024:

12th - 14th April Radiant Heart Yoga Studio | Zurich

21st - 23rd June | Room 4 Yoga | St Gallen

Registration is NOW open!

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## **In this intensive Kids and Family Yoga Teacher Training, you will learn:**

- ABCs of Kids Yoga
- Group Dynamics, Teaching Techniques & Age Groups
- Yoga for Children with Additional Needs
- Yoga Poses, Games & Challenges
- Breathing Techniques, Relaxation & Stillness Techniques
- Family Yoga
- Yoga & Mindfulness at School
- Class Structure & Planning
- Teaching Practice I & II

## **The training includes**

- 20 Hours Course (Contact and Non-Contact )
- A very solid pedagogical foundation to start teaching yoga & mindfulness to kids
- A Yoga Alliance international registered course
- Unicorn Yoga Training Manual

## **Facts and Training Dates in 2024**

### **Radiant Heart Studio, Zurich 12th-14th April 2024**

Starts Friday at 14:00 till Sunday at 17:30\*

Day1 14:00 – 16:00

Day2 08:30 – 17:30

Day3 08:30 – 17:30

### **Room 4 Yoga Studio, St Gallen 21st June - 23rd June 2024**

Starts Friday at 15:00 till Sunday at 17:30\*

Day1 15:00 – 17:00

Day2 08:30 – 17:30

Day3 08:30 – 17:30

\*This schedule might change slightly.

## **Target Group**

- Educators, additional needs teachers, social workers, movement therapists, parents, psychologists, caregivers and yoga instructors looking to specialize in teaching kids yoga.

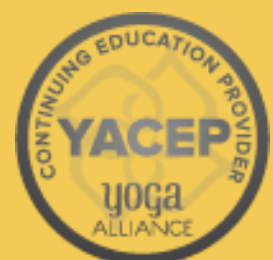
## **Requirements and Language**

- Previous knowledge of yoga, and a pedagogical background are recommended but not requirements to join this training.
- The language of instruction is English

## **Price**

- CHF 777.- Standard Price
- CHF 666.- Early Bird Price (till 7th January 2024)

If you'd love to join but you're unable to afford the full course fee, apply via e-mail for the reduced price of CHF390.- (Only one spot available).





## About

Catalina Primo was born and raised in Argentina. She has been teaching and working with kids and teenagers for over 15 years all around the globe. She completed her BA in Primary School Teaching in Barcelona, and her Master's in Advanced Studies in Children's Rights in Switzerland. She is a Kids and Adults Experienced and Certified Yoga Instructor. She studied with Kids Yoga Bali and Rainbow Kids Yoga Australia. She has created this Kids Yoga Teaching Training to equip and encourage educators, parents, psychologists, movement therapists, yoga instructors to share the magic and benefits of yoga with children and young people.

## Registration

Registration closes 3 weeks before the training begins. To sign up, first choose the location and training date that suits you the best in 2024, and after that complete the [application form](#).

After receiving your [application form](#) and payment confirmation to [info@unicornyoga.ch](mailto:info@unicornyoga.ch) your place is secured in the training. The registration for the training is binding, in case of a no-show, the costs will not be refunded. In the event of illness or accident, the costs, after deducting a processing fee, will be refunded only up to 5 days before the training if you have a medical certificate.

Full training fee payment via bank transfer to the following bank account: CH67 0900 0000 3191 9490 0 PostFinance | CH- 4808 Zofingen | Ana Catalina Primo (St Gallen/ CH – 9000). Twint is also available.

All information about the training you will find above.