

COURSE COST

Course	Cost	Early Discount 21 days in advance
One Day	\$200.00	\$175.00
Two Day	\$375.00	\$350.00

INSTRUCTOR CREDENTIALS

TEDDI BARENHOLTZ PT MS RYT is a physical therapist with 28 years experience and is the founder of Yogabilitation in Fairfield, CT. In addition to her expertise in yoga and physical therapy Teddi is a certified RDI® consultant for working with children with Autism. Teddi gives workshops internationally for the Radiant Child Yoga Program and Yoga for special needs.

- Licensed Physical Therapist
- Masters in Exercise Physiology
- Certified RDI® consultant
- Early Intervention Therapist
- Certified Kundalini Yoga Teacher
- Integrative Yoga Teacher and Therapist
- YogaKids® and Radiant Child Facilitator
- Infant Massage Instructor

LOCATION

Yogabilitation
325 Reef Road
Suite 209
Fairfield, CT 06824
Phone: 203-254-1311

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Suite 209
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YogaSense Workshops



- **Radiant Child Level 1 & 2**
May 3 and 4, 2008
- **Therapeutic Yoga for Developmental Delay**
June 7 and 8, 2008
- **Sensory Integration through Yoga**
Fall 2008
- **SUN YOGA KIDS**
June 27, 28 and 29, 2008
- **YOGA ALLIANCE**
accredited courses: 200 &
500 Hours, including
YOGA THERAPY

WORKSHOPS

Radiant Child Yoga Program Level 1 and 2 are foundation courses for anyone interested in teaching yoga to children. The courses were developed by Shakta Kaur Khalsa. In Level 1 participants learn the basics of teaching yoga to children. Participants receive the “Fly Like a Butterfly” book, a 30 page manual and a CD of children’s yoga songs. In Level 2 participants learn the cornerstone for success as a children's yoga teacher - personal practice. You will begin the day with an experience of Sadhana, the transformative power of daily yoga and meditation. Participants are given an opportunity to develop and present a children’s yoga class. Level 2 includes a 28 page bound manual, a copy of “Kundalini Yoga” and the Music and Mantra Companion CD both by Shakta Kaur. Visit www.radiantchildyoga.com for more information on Shakta and the Radiant Child Yoga Program. **Course Offered May 3 and 4, 2008.**

YogaSense: Sensory Integration and Self Regulation Through Yoga is a one day course to introduces you to the Sensory System and how yoga impacts the sensory system. Behavior associated with sensory integration dysfunction will be discussed. You will learn poses, breathing exercises, meditations and yoga activities specific to the different senses and appropriate for different ages. You will learn yoga techniques for impacting the nervous system that calm, energize or balance. Come to integrate your own senses and have fun in this workshop. **Fall 2008**

YogaSense: Yoga for Developmental Delay is a comprehensive workshop designed for therapists, educators, parents and caregivers working with children with developmental delays. Participants will learn yoga specific for diagnoses of cerebral palsy, autism spectrum disorders, and learning disabilities. Participants will gain a basic understanding of the sensory and motor development that occurs in the early years of life. Participants will learn yoga activities that will help in sensory integration, reflex integration, motor planning, postural control and respiratory control. In addition participants will learn how language, cognitive and social skills are facilitated within yoga activities. **Course Offered June 7 and 8, 2008**

SUN YOGA KIDS This joyful course is suitable for parents, teachers and anyone who would like an introduction to teaching yoga to children. Practical and hands-on, this course will equip you to incorporate yoga in your home or in the classroom. You will be provided with tools to enable you to implement yoga immediately.

Part of a global program, SUN YOGA KIDS today has over 300 teachers worldwide who are passionate about yoga.

This course is also a stepping stone towards completing fuller professional qualifications in teaching yoga, namely our Yoga Alliance accredited courses.

SUN YOGA KIDS counts for 20 credit hours and is CEU recognised by several organizations (please check with us). **Course Offered June 27, 28 and 29, 2008**

TO REGISTER OR FOR MORE INFORMATION

e-mail yogabilitation@aol.com
or call 203-254-1311
or visit www.yogabilitation.com

LOCATION

Yogabilitation is located in Fairfield Connecticut 1 hour from NYC and accessible by Metro North train or exit 21 off I95.
Call to Sponsor a course in your school, clinic or yoga studio.

LODGING

The Inn at Fairfield Beach
1160 Reef Road Fairfield CT
Phone 203-255-6808
info@theinnatfairfieldbeach.com

The Fairfield Inn
417 Post Road
Fairfield CT
Phone 203-255-0491
www.fairfieldinnbymacy.com