



Presents

Playful Yoga Training Certification Workshop

Introduction to Yoga and Movement

For Children ages 2 - 6 years

Who: Teachers, parents and/or students studying early childhood development
(no prior yoga experience necessary)

When/Where
Sunday, February 7, 2015, 10:30 – 5:30
Atlanta West Hypnotherapy Clinic
4268 Canton Rd. Marietta, GA. 30066

Content: Learning 25+ movements, poses, and breathing games
Sequencing poses
Building Confidence with Mini-Successes
The Power of Affirmation
Building Childhood Tools to Self Regulate
Adult Communication and Suggestibility in Children
Tools for Adult Stress

Includes: Certification as a Playful Yoga Instructor
Playful Yoga training DVD
Manual of poses and movements
A whole new set of activity for children in your lives

Fee: **\$349**

Instructor: Lori Sugarman obtained her children's yoga certification in 2006, developed Playful Yoga with Ally Peer in 2008, and was awarded a grant by the American Medical Association Foundation in 2010 to provide Playful Yoga classes for 180 children at Head Start of Pickens County. Ms. Sugarman works with parents and trains educators across Georgia as a Bright from the Start trainer and has presented Playful Yoga at local, regional and national conferences. She maintains a pediatric hypnosis practice and combines the mindfulness of communication with Playful Yoga in this training to empower parents and teachers with new physical activities and communication insights.

Playful Yoga Teacher Certification Training Registration Form

Name Email
Address
Phone

Please check the statements that best describes you:

- I am basically a newcomer to yoga
- I have participated in some yoga classes
- I am fairly active in yoga
- The ages of my children or children in my care are:
- I am taking this to use primarily for my own children.
- I am taking this to use primarily for the children I work with.

Please share your reasons for wanting to participate in this program:

Please confirm the date/location:

- February 7, 2016 at Atlanta West Hypnotherapy Clinic

Two Payment Options:

1. Download this form, print, complete the form and mail registration form along with a check.
Payable to: Lori Sugarman 2260 Willeo Rill Road, Marietta, GA 30062

2. Payment online via Paypal.

[Click Here](#) to take you to our Yoga Training box on our Yoga website page for payment via PayPal.

To fill out this online PDF form: Download this form, Fill out the downloaded form on your screen by typing in the blue areas. Once completed, click **HERE!** to "auto-email" the form to Lori Sugarman (infullblume@gmail.com). You may want to resave a copy to your desktop for yourself.

Cancellation Policy

If training is cancelled due to insufficient registration (minimum 6), a full refund will be returned within 5 business days.

Registration with payment guarantees your space. Register early as class size is limited.

Should something arise that necessitates your cancellation, a full refund minus \$50 administration fee will be returned within 5 business days.

Please arrange for childcare as we cannot accommodate children during the training.

Questions: Lori Sugarman 678-778-0707