

We want to hear from

Teachers who are interested in the training.

Schools or parents (particularly in deprived areas) who would like yoga classes at their schools.

Sponsors for the costs of running the training.

Venues who might be able to offer space for this or similar activities

Essential:

Teachers who participate in the training must be prepared to sign up to our code of ethics, and follow our guidelines.

Contact:

Sushmuna Yoga – Livtar Kaur

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Guru Ram Das Project – Fateh Singh

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Joyous Yoga for Young Children

a workshop for teachers



Developed and delivered by **Sushmuna Yoga**
Supported by **The Guru Ram Das Project**

We will offer schools free training to teach Kundalini Yoga, as taught by Yogi Bhajan, to nursery and infant children (2-7 yrs olds).

This offer runs from September 2019-July 2021 (Two Academic Years)

We will provide:

- An Inset day of yoga training to nursery and infant teachers from 9am -3.30pm
- Material for a term's worth of weekly classes for each year group from Year R-2
- Ideas for music
- Ideas for relaxation and meditation for young children.
- Coaching in how to plan further lessons for a class
- Follow up support if required

Scope of training:

Our workshop is intended to facilitate school teachers of children between 2-7 year olds, to share suitable yoga based activities at their workplace. This is not a yoga teacher training.

Cost:

The training is offered as a service to the community provided free to schools in areas of deprivation.

Our trainer:

Livtar Kaur is a Kundalini yoga teacher and teacher trainer and a children's Kundalini yoga teacher. She was also a school teacher for over 10 years and a senior leader in schools for over 23 years, including: Adviser, Lead Ofsted Inspector, Executive Headteacher and CEO of a small Academy Trust. She was awarded an OBE for services in education in 2018 New Year's Honours List.

