



Young Minds Yoga Facilitators Program

With Certified Yoga and Meditation Instructor
Cathy Mines RIHR, Wellness Director of Reach Yoga

Thank you for your interest in Reach Yoga's 'Yoga Facilitators Program'. This program is designed to give current school faculty the tools and knowledge that will help present the teachings of yoga with enthusiasm to young minds.

The benefits of yoga as part of a school curriculum have been known in the east for centuries and it has only now begun to gently trickled its way west. Your interest in presenting yoga to young minds is a great leap towards the mind~ body health of our future.

Present your Young Minds with these yoga tools on a daily basis and watch as their minds, bodies and spirits become flexible, open and joyful.

- Postures (Asana)
- Breath work (Pranayama)
- Concentration (Dharana)
- Meditation (Dhyana)
- Ethical guidelines presented through yoga: Non Violence (Ahimsa), Truthfulness (Satya), Cleanliness (Saucha), Discipline (Tapas), Study (Svadyaya)
 - Program options for all ages /maturity levels/attention spans
Very Young Minds, Young Minds, Mature Young Minds
 - Provided course materials support your complete Young Minds Yoga practice.
- Floor postures, standing postures, seated postures. Yoga can happen any time anywhere.

Others who may choose to present yoga to children:

- Those running after school care programs
- Guides, Pathfinders, Cubs & Scouts Leaders
- Camp Councilors
- Day Care Workers
- Team Coaches



Participants of the Yoga Facilitators Program will receive 'Recognition of Completion' once 25 hours of study have been fulfilled. 18 hours of guided study with instructor Cathy Mines, 7 hours of self study complete this program. For flexible program options contact Cathy at Reach Yoga.

Contact: Cathy Mines Director of Wellness at Reach Yoga
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