

Learning from the Heart

Level I Certification



Learn easy to apply tools, from yoga and reflex integration, to facilitate children healing themselves, that can be implemented at home, in a classroom, in therapy, or in family yoga.

Learn practical ways to help children with challenges such as ADHD, dyslexia, anxiety, dyspraxia, or autism.

Receive Level I certification to teach reading, handwriting and spelling, including adaptations for children with special needs.

Experience tools of yoga and reflex integration, at your own comfort level.

Level I Certification is available upon completion of this course.

February 1, 2 and

March 15, 16, 2014

Four Day Training

Sat: 9:30 AM—5:30 PM and Sun: 3:30—6:30 PM

Yoga at the Ashram

\$512

Pre-register by 1/11/14: \$422

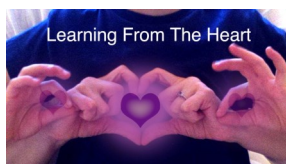


Sat Nam Kaur has served as an educator for over 25 years, from pre-school to college. She is a Kundalini yoga teacher and teaches Emei Qigong. She is a volunteer corporator for the YMCA, and is currently the director of *Learning from the Heart*, which is offered at various locations, including the YMCA, Think Tank and the Ashram. Incorporating yoga, qigong, reflex integration, and other healing therapies, she facilitates a safe and loving way for children to find their strength within, to heal themselves, and to learn how to read and write with ease. Sat Nam Kaur is the author of *Reading from the Heart*, and has received a citation from the city of Fall River, MA for her work with children and families.

Please register at: www.YogaAtTheAshram.org



Yoga at the Ashram
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