

# Rainbow Kids Yoga

## Kids and Family Yoga Teacher Training At Jennyoga Studio, Houston, TX!

**Friday, November 13<sup>th</sup>, 9:30 AM – 5:45 PM**

**Saturday, November 14<sup>th</sup>, 12 PM - 9 PM**

**Sunday, November 15<sup>th</sup>, 9 AM – 6:45 PM**

**27 Hours of Pure Fun!**

**Kids and Family Community Yoga Class Saturday, November 14<sup>th</sup>, 4 - 5 PM. Open to all kids ages 3-9 and their parents! By donation, with proceeds going to the community.**

The **Rainbow Kids Yoga Teacher Training** is a comprehensive, intensive and practical certification course. Immerse yourself in the magical world of yoga and kids, be prepared to practice and learn yoga like a child, while laughing, dancing, playing, and singing! Alternating experiential Kids Yoga classes with practical theory and discussion makes the Rainbow Kids Yoga Teacher Training a well-rounded and in-depth course.

During the course, we learn over 350 yoga poses for kids, creative yoga games, breathing and meditation games, relaxation with guided imagery, and Mandala painting. Lecture topics include age-appropriate class sequencing, class management, child development, the business of yoga teaching, marketing, and more! Most importantly, you will be equipped with tons of fabulous ideas to create exciting and fascinating yoga experiences for kids of all ages.

The **Rainbow Kids Yoga Teacher Training** is fun and playful, connecting trainees to their own innate creativity and wisdom, while giving practical tools and knowledge for teaching yoga for children, ages 1 -12 years old. Graduates of the course will receive a Kids Yoga Teacher Certificate from Rainbow Kids Yoga.

### **The Rainbow Kids Yoga Style:**

Yoga is a great way for kids to increase awareness of themselves, others, and the world, while having fun! Yoga is a wonderful way for children to stay (or become) confident, strong, balanced, and healthy. Yoga engages a child's natural, boundless energy, and conveys valuable lessons in positive thinking and body/mind awareness through a non-competitive physical activity.

We believe that kids learn best when they're having fun! Each Rainbow Kids Yoga class is alive with magical journeys where we meet with animals, fly an airplane or drive a car, grow into a tree, or imitate the ocean waves, all in the form of dynamic yoga poses. We use music and song, lots of silly props, games, stories, relaxation and visualization, meditation, Mandala painting and more. The kinesthetic, aural, visual, intra- and interpersonal aspects of each class help keep kids involved and focused while having fun.

## Conditions for acceptance:

The course is for anyone who loves working with kids, and loves yoga. It is for anyone who wants to expand a current related profession, or learn a new one!

## Course Content:

- What makes yoga for kids special? The benefits of yoga for kids
- Principles of teaching yoga for children
- Building fun, engaging, and age-appropriate Kids Yoga classes
- Child development and anatomy as it relates to yoga for kids
- Yoga for children with special needs
- Over 350 Kids Yoga poses, with accompanying songs, sound effects, movements, and interesting facts about the human body and different animals
- Breathing and Meditation Games
- Relaxation and Guided Imagery; Basic Thai Massage
- Partner and Group Yoga poses and games
- Flying Yoga, Basic Partner Acrobatics, and Human Pyramids
- Teaching Family Yoga (parents and kids practicing together)
- Enriching each class with magical themes, music, props, Kids Yoga Cards, Mandala painting, costumes, art, and lots of imagination!
- Creating focus and attentiveness in the classroom and handling challenging behavior. Finding a balance between the need for rules and boundaries and the need for freedom and creativity. How to speak with and listen to kids.
- How to use your own special talents and ideas to create amazing classes, and how to connect with your inner child
- Enlightened business, how to build Kids Yoga groups and keep them, and how to succeed as a teacher in different settings (studios, public and private schools and kindergartens, community centers, etc.)
- Supercrazyfun! ☺

## Registration:

Half of the tuition is due upon registration to hold your place. Full payment is required by the first day of the course. To apply, go to <http://rainbowkidsyoga.net/register.aspx>

If you have any questions, please contact us!

Phone: (646) 797-3226 or Email: [info@rainbowkidsyoga.net](mailto:info@rainbowkidsyoga.net)

The Rainbow Kids Yoga Teacher Training is intensive and requires full participation. It is recommended, but not necessary, to have a regular yoga practice.

## **Investment:**

\$500 early registration (before October 30<sup>th</sup>)

\$600 later registration (on or after October 30<sup>th</sup>)

Financial aid is available. Please see our website for how to apply.

## **Trainees receive:**

- Rainbow Kids Yoga Teacher certificate
- Detailed Rainbow Kids Yoga manual (400+ pages of poses with illustrations, explanations, and related animal facts and songs; over 75 class theme ideas and many detailed class plans; 125 yoga games; 20+ guided imagery relaxations, and more!)
- Music mix CD to use in your Yoga for Kids classes
- Registration on our website, [www.rainbowkidsyoga.net](http://www.rainbowkidsyoga.net), with your contact info and email
- Healthy snacks and refreshments throughout the weekend
- After the course: mentoring, answering questions, opportunities to assist in Gopala's classes when he is teaching in your area

## **Location:**

At Jennyoga Studio  
3641C Westheimer, Houston, TX

[www.jennyoga.com](http://www.jennyoga.com)

## **About Gopala Amir Yaffe:**

Gopala has been teaching Yoga for children and adults, as well as meditation and yoga philosophy, since 1995. He was a monk in the Sivananda Yoga Centers in Israel and the Bahamas for ten years, from 1994-2004, where he completed his Yoga Teacher Training and Advanced Teacher Training. While living in the Bahamas, Gopala was the general manager of the Sivananda Ashram Yoga Retreat on Paradise Island, for four years. From 2004 to 2007, Gopala created, managed and taught yoga and alternative spa programs in Los Cabos, Mexico and New York City. He also continued studying yoga for kids at Karma Kids in New York and Itsy Bitsy Yoga in Massachusetts, and Circus Yoga with Erin and Kevin O'Keefe. Gopala also studied healing with Tibetan bowls with Avraham Benor and is a Reiki master. In 2008, after studying with Rabbi Joseph Gelberman, Gopala was ordained as an Interfaith minister.

In 2007, Gopala and Katya founded *Yoga LeShalom: A Studio for the Whole Family* (Yoga LeShalom is Hebrew for "Yoga for Peace") in Tel Aviv, Gopala's hometown. It was at Yoga LeShalom that Gopala began focusing on training yoga teachers for kids, and has to date trained hundreds of teachers internationally. In late 2008, Gopala and Katya moved back to the United States, and Rainbow Kids Yoga was born!

Gopala has taught yoga for kids in such diverse settings as public and private schools, kindergartens, and preschools, summer camps, orphanages, yoga studios, juvenile detention centers, hotels, spas, birthday parties, and private classes. His playful, patient and warm teaching style has created a training course that has been described by graduates as "magical", "inspiring", "very practical," "transformative", and "an unforgettable journey."

## Testimonials from course graduates:

*Take this course to reawaken your inner child, brighten your imagination, go on adventures, build your self confidence and along the way make new friends, get new ideas and laugh yourself silly.*

*Christina, Yoga Teacher & Artist*



*I learned so many ways to get the kids excited by yoga and have fun! Rainbow Kids Yoga reminds us what's important in life—having fun! I can't wait to bring the joy of yoga to kids using all of the fun, creative tools we learned in this amazing course! WOO-HOO!*

*Dayle, Yoga teacher*



*This training was amazing. Gopala, you were so friendly and welcoming and you created a safe environment. I learned a ton and will remember this course always! Thank you!*

*Lisa B.*



*A wonderful course and teacher that engages all the senses. A fantastic experience. Gopala's knowledge and techniques give yoga an incredible new spin!*  
*Caileigh M., Student*



*I have taken other teacher training classes for Kids yoga. I would recommend this one above the others because there is a certain quality to Gopala's teaching that works very well for so many different types of people – he is very gentle and accepting but with vibrant energy that is inspiring and encouraging. He has so much to share and he is so generous in sharing his creativity. His enthusiasm and playfulness is contagious.*

*Lesly W.*



*I would recommend this course to anyone is trying to create positive change on this planet. Teaching kids in this wonderful playful way will have a great impact on the society they out to.*

*Gopala, your energy and serenity has a peaceful effect on the group. Thank you so much!*

*Koushalya J., Documentary Filmmaker*



*I would recommend that anyone interested in teaching movement to kids take this course. Rainbow Kids Yoga teaches a vast array of techniques, games and activities that can be used with and adapted to any population of students. Gopala is an inspiring and excellent teacher!*

*Eve S., Elementary School Teacher*



*The pace of the class was fun and challenging – the variety of techniques learned was incredible. I would highly recommend this course, without reservation. It was creative, playful, fun and highly informative. I believe we will benefit the lives we touch with the knowledge and strategies learned in this class. Gopala is a natural teacher!*

*Ellen P., Elementary School Social Worker*



*I was looking for some new inspiration to use in my classroom and provide myself with the opportunity to make children/family yoga a career. The new games are all very inventive and will be fantastic in my classroom. This course was FUN! I learned so many wonderful ways to make yoga into games, learning tools, exercise, stretching, relaxation, but most of all, FUN for children. I cannot wait to put my new ideas to work in my classroom.*

*Jennifer K., Preschool Teacher*



*My name is Yael, and I am a dance and movement teacher for over ten years. I found the Kids Yoga Teacher Training Course to be professional, fascinating, enjoyable, enriching, and inspiring. Gopala Amir is a charismatic and talented teacher, and during the course, he gives students not only a deep knowledge of teaching yoga for kids, but also a toolbox that can be used in an almost unlimited way by the course graduates. Highly recommended!*

*Yael Einat, Dance and movement teacher*



*Huge thanks for those three days, and this is truly from all my heart. I have learned so much, and I don't know even how to explain it. Something new has come into my life. You are amazing and so is Katya! Thanks again, and many good wishes and lots of joy!*

*Ilana, Music teacher*



*The course for training yoga instructors at Yoga LeShalom studio is a unique and special course. Besides being professional, it is given in a personal and pleasant family-like atmosphere. It was a great experience.*

*From my short acquaintance with Gopala, I was happy to find that he is not just a teacher for yoga, but also a teacher for life. He is a man who guides you to infinite curiosity, love, attentiveness, joy of life, giving, and self expression. Throughout the whole course I found myself being spellbound by those qualities and by the wide knowledge in many different fields (not only about kids and yoga postures). I am trying to adopt and remember this positive attitude in my own life and of course in my work with children. I highly recommend this course to all people who like to use imagination and the body, as work with kids and in life in general.*

*Thank you from all my heart,*

*Nani H., Dance and movement teacher*



*I have learned a lot during the Kids Yoga Teacher Training Course and the most important thing is that I connected with the child within me. Thank you for giving me back the joy, the laughter, the motivation, and the self confidence. Today I have the tools in order to share those wonderful things with other people. I am sending you hugs,*

*Nurit Barneya Mitnik*



*Through your experience and personality, Gopala, you have succeeded in connecting the two worlds which are most important to me: the world of kids, which I am busy with everyday, and the world of spirit and yoga. I have received lots of tools, content, and knowledge to succeed as an instructor of yoga for kids. Thank you from my whole heart to all of the new friends who participated in the course, and a huge thank you to Gopala, the most talented!*

*With love,*

*Marisa, Kindergarten Teacher*



*The Yoga for Kids Teacher Training Course at Yoga LeShalom was three days of fun! Very informative and practical. I enjoyed every moment! And I'm sure that I will be able to apply what I have learned. I have received lots of tools to build an infinite number of varied class plans. I have returned a bit to my childhood and felt how creativity and imagination have reawakened within me. I warmly recommend the course to whoever loves kids and wants to work in the field.*

*Tal B., Yoga Teacher*



*The Yoga for Kids Teacher Training Course taught by Gopala Amir Yaffe was refreshing and enriching. I experienced the different realms of a second childhood! The course awakens the spirit of inspiration and creativity and gives great passion to teach yoga to kids and youth. Highly and warmly recommended to all those who love kids and yoga of all kinds. I could really feel Amir's warm guidance, and how he and Katya give from the heart. And at the end of the three day course I came out with renewed energy and lots of love to pass on.*

*Meytal Gabizon, Yoga Teacher*



*I want to share what I have experienced in the course with more and more people who work with kids, and tell them that the Yoga for Kids Teacher Training Course is an exceptional experience for people who work for kids, and for everyone. Three days that connected me to fun and laughter and excitement. It was just like a rollercoaster of funny and moving experiences. And most importantly, during those three days, we were all completely, completely like kids.*

*I practiced yoga in the most fun way there is, and at the same time, I felt like a child, so much so that my creativity broke all bounds! In short, I highly recommend the course with a lot of love to anyone who wants to meet their inner child again. And to you Gopala especially, thank you for the fun and unique way that you transmitted those three special days.*

*Maggie, Kindergarten teacher*



*The most important part of this educational experience was reaching a place with so much energy and love. The course was professional and enjoyable. Gopala beautifully connected the spirit of yoga and the spirit of children, and connected us as teachers. I went on an unforgettable journey, and now I feel*

*qualified to go on this same journey with children. In addition, the course attracts to it wonderful people who are so much fun to study with!*

*I have received such wide knowledge. Thank you very much for everything!!*

*Sigal, Art teacher*



*I am happy to take advantage of this opportunity to thank you for the course. I have no words to describe it, really only to praise you for it. The infinite knowledge, the energy, the motivation to teach that you transmit so easily, and the wonderful atmosphere.*

*Tamar, Lawyer, Mom, and now Kids Yoga teacher!*



*The Kids Yoga teacher training was a lot of fun and a great release. After many years of practicing yoga, and a strong desire to start teaching, the yoga course gave me many tools and the confidence that I needed to start teaching. Amir built the course from a deep thoughtfulness of all the necessary tools and knowledge that a teacher will need in order to begin teaching yoga to kids. He shares his knowledge with great generosity. His method of teaching is pleasant and full of warmth and empathy, as well as fun!*

*Liat, Elementary school teacher*



*I was easily opened to this fascinating world of yoga, a place of fun and joy. I am so happy to have had this experience and I am thankful to you for the infinite generosity and the infectious happiness. There is no doubt that now I will also do a yoga teacher training course for adults.*

*Michal L., Naturopathic doctor*



*I just want to thank you for an amazing weekend that gave me lots of tools and lots of joy. You are just an inspiration for joy, creativity, and energy! I am happy that I got to know you both and to enjoy the course, and I hope I will be able to continue and study more with you in the future.*

*Kisses, and again, thanks,*

*Tal K., Yoga teacher*



*I was exposed to yoga four years ago when my husband and I were searching for a joint activity that would interest both of us and will give us something more in our life. Today, as my husband and I are preparing to travel abroad for a long period, I was looking for something that will enable me to have a livelihood anywhere in the world. And will of course enrich my own world and make me happy. Thanks to one of my yoga teachers, I found the Rainbow Kids Yoga Teacher Training Course. As a clinical criminologist, I work with a population which most of the time does not live a life which is based on the foundations of yoga. I am happy that I'll be able, through the practice, to bring those foundations into the lives of the young people I work with.*

*The course itself gave me a wide base and a wholesome faith in myself that I will be able to realize my ambition to teach yoga for kids. The course was short, but as promised, it was intensive and really gave me all that I expected. Gopala was attentive to our needs throughout all of the magical hours that we*

*spent together. He improved and changed the practice and the content of the course while the course was going on so that we could better benefit from it.*

*Like I said, you can just practice the poses, but the teacher transmits something that is beyond them. Gopala and Katya pay special attention to the little details and are very attentive, and it seems that they are doing this out of great love for people, animals, and the whole universe. I highly recommend the course.*

*Mary Joseph, Clinical Criminologist, and now teaching Yoga for Kids in North Dakota!*



*I highly recommend the course, I enjoyed it very much, and I have learned a lot!*

*Lilian, Kindergarten teacher*