

### **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 yr 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.

