

Yoga guidance for kids

for parents and (yoga) teachers

3 sessions

with

Vijay Gopala

9 november 2014

9.30-15.00 uur

Atelier Amber, Hooglandse Kerkgracht 8,

Leiden



www.yogagita.org



www.kinderpracht.nl

9.30 - 11.00 uur: Meditation & Pranayama for kids and teenagers

As kids and teenagers are still in the growth proces giving a right direction through guided evolutionary proces is very important. In this meditation & pranayama session techniques of meditation & pranayama will be given which makes kids and teenagers to evolve in a harmonized way.

11.15 - 12.45 uur: Yoga and school education

In todays school education we can find it is not complete. The whole education system is provided based on only society needs. The school education is not giving importance much about the understanding of the Self. Through Yoga if kids are made to understand the Self it gives a totalty approach for the school education. In this session the practical understanding of the Self and its application to excel in school education proces will be dealt.



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13.30 – 15.00 uur: Self study for teachers and parents

Even teachers and parents for most of the time will be behaving from the background of their conditioned mind. By knowing the technique of Self study teachers and parents can overcome the limitation of the conditioned mind and they can become a medium of guidance for kids to bring the kids life always to be in touch with their inner child and to deal with the outer world in a balanced way.



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About the teacher

Sri. Vijay Gopala is a certified Yoga Teacher who has been teaching for more than 20 years. He also specializes in working as a personal trainer, providing one-to-one life transformation sessions and self-evolvement programs. Born in Mysore, India, Vijay has been drawn to the discipline of yoga since childhood, thanks to his father who guided and taught him. He has studied with many teachers throughout India, and today continues to teach there as well as in the West; his wide experience has resulted in a teaching methodology integrating the best elements of both eastern and western life skills. His teaching is rich in the expertise required for modern day life, with a firm foundation in strong traditional qualities. Vijay shares the teaching of Yoga with a rare warmth, humanity and wisdom required for any kind of transformation to take place.

1 session 25 euro

2 sessions 40 euro

3 sessions 65 euro

Application and information:

info@kinderpracht.nl

All sessions will be conducted in English



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