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## Children's Soul Retreats in Johannesburg and the Waterberg

### LOGISTICS

#### Dates, Times & Places:

22 October 2011  
09h00 - 18h00  
Good Vibrations Sanctuary - Rivonia (Johannesburg)

10 - 13 December 2011  
Times are TBA  
Kingfisher Farm (Waterberg)

**Presenters:** Glynis Overmeyer & Suzie Manson

**Fees:** The 3-day retreat is R1690 per child and the 1-day retreat is R550 per child

**Target Group :** 8 - 12 years

### BENEFITS

Our Children's Retreats are filled with unique activities to help your child connect with him/herself, nature & others.

### CONTENTS

Children's Soul Retreats will include:

- Yoga & creative movement workshops.
- Drumming around big bon fires.
- Star gazing & bush walks.
- Guided meditations & breath work to improve visualization skills & quiet the mind.
- Therapy for little feet for self-healing & understanding of the body.
- Life skills programs.
- Art workshops.
- Drama workshops to improve self-confidence through music & motion.

- Learning to give back to the community through activities such as planting veggies, an introduction to perma-culture and caring for the environment.



## Children's Yoga Teacher Training

### LOGISTICS

For details on modules and course dates for Durban, Cape Town and Johannesburg, email your details to [info@yoga4kids.co.za](mailto:info@yoga4kids.co.za).

**Presenter:** Suzie Manson

**Target Group:** Our Teacher Trainings are for adult yoga instructors or those who have been training in a dedicated yoga practice for at least two years.

### CONTENT

The Teacher Training covers the following:

- How to bring breathing techniques, postures & relaxation skills to children.
- How to use games, life skills, affirmations & music in your classes.
- Exploring & creating various themed lesson plans for yoga classes.
- How to keep discipline in the class & how to keep yourself centered and in control of your students.
- Setting up your children's yoga business.
- Yoga for special needs children.
- Teaching yoga in studios & at schools.
- Physical & emotional benefits of the postures.





## Mother & Child Yoga Workshops

### LOGISTICS

#### Dates, Times & Places:

9 August 2011 &  
24 September 2011

09h00 - 17h00

Good Vibrations Sanctuary -  
Rivonia (Johannesburg)

**Presenters:** Suzie Manson &  
Nathalie Fagan

**Fee:** R950 for the day

### BENEFITS

Our Mother & Child Workshops encourage you to reconnect on a soul level with your child.

Attendees will benefit from:

- Stepping outside your learnt role playing of mother and child & reconnecting on a soul level.
- Exercise & slowing down together.
- Bonding in a unique & calming way.
- Learning a new & fun way to engage with your child in a safe & non-competitive environment.

- Learning how to breathe & release any tension/pent-up emotions resulting from home, school & work.



## Pregnancy Workshops (for Soul Mums to be...)

### LOGISTICS

Logistics, including fees, are TBA. Please email us at [info@yoga4kids.co.za](mailto:info@yoga4kids.co.za) to indicate your interest and we will get back to you.

**Presenters:** Suzie Manson &  
Nathalie Fagan

**Target Group:** Workshops are for women who are at all stages of their pregnancy. Previous yoga experience is not required.

### CONTENT

Only very gentle yoga is offered during these workshops. It is about connecting with your baby and preparing yourself for motherhood than strenuous activity.

We'll cover some breathing techniques, meditations & basic yoga postures. All these will benefit your health and that of your baby.

### BENEFITS

These workshops will help you prepare your body, heart and mind for motherhood.

You'll learn about balance and taking the time to appreciate your body. And also learn to uncover the incredible wisdom you carry within.

The postures and breathing will help you best manage your pregnancy and the various stages of labour.



## Teen Yoga Workshops

### LOGISTICS

Dates, times, places etc. will be determined by participant interest. Please email us at [info@yoga4kids.co.za](mailto:info@yoga4kids.co.za) with your details and we will advise once logistics have been determined.

**Presenters:** Suzie Manson &  
Nathalie Fagan

**Target Group:** Our Teen Yoga Workshops are for pre-teens and teenagers. Previous yoga experience is not required.

### CONTENT

Youth are subject to a great many stressors as they grow into young adults. Whether it's pressure from peers or the media, it is essential for teens to develop a strong sense of self; belief, confidence and value.

This workshop will cover:

- Roots & purpose of yoga.
- Various aspects of yoga & they influence lifestyle.
- Various yoga postures & their emotional & physical

effects on the individual.

- Breathing techniques.

### BENEFITS

Workshop attendees will learn to:

- Reduce stress and focus the mind.
- Be true to oneself while resisting peer and other pressures.
- Improve self-confidence.
- Enhance body awareness & flexibility with practice.



## Teach Your Child Yoga Workshops

### LOGISTICS

#### Dates, Times & Places

8 October 2011 &  
5 November 2011

09h00 - 18h00

Good Vibrations Sanctuary  
(Johannesburg)

**Presenters:** Suzie Manson &  
Nathalie Fagan

**Fee:** R1200

**Target Group:** Parents with  
children aged three to 12.

### CONTENTS

This course is designed for  
parents who want to re-  
establish a soul connection  
with their children. And also  
to help their children deal

with everyday stressors such  
as anxiety, fear, anger, sad-  
ness and hyperactivity.  
Please complete the registra-  
tion form accompanying this  
newsletter. Upon receipt of  
your registration, including  
payment, a detailed itinerary  
will be sent to you.

### BENEFITS

Workshop attendees will  
benefit from:

- Learning how to bring  
breath, relaxation skills &  
yoga exercises to children.
- Introduction to games, life  
skills & music.
- Acquiring tools to teach  
your children a calm and  
happy way of being by

opening their heart energy  
& learning breath work.

- Doing yoga exercises at  
home with your child &  
family.
- Helping your child sleep.
- Teaching your children to  
change their 'state' (e.g.  
moving from Tigger to  
Winnie-the -Pooh).
- Practicing conscious com-  
munication skills such as  
language, listening &  
choice.
- Working with colour to  
heal your child.
- Learning about your  
child's energy centres.



### BOOKING FORM

There is a booking form  
accompanying this newslet-  
ter. Please use this form to  
register for any of the work-  
shops, retreats and trainings  
you wish to attend.

Upon receipt of your registra-  
tion a detailed itinerary will  
be sent to you.

## Women's Healing Workshops

### LOGISTICS

Dates, times, places etc. will  
be determined by participant  
interest. Please email us at  
info@yoga4kids.co.za with  
your details and we will ad-  
vise once logistics have been  
determined.

**Presenter:** Suzie Manson &  
Nathalie Fagan

**Fee:** R650 per participant

**Target Group:** Our Women's  
Healing Workshops are for  
women of all ages. Previous  
yoga experience is not  
required.

### CONTENT

Personal and professional  
demands place much stress  
on women trying to "do it all."  
Our workshops will cover:

- Connecting with your inner  
child using yoga postures.
- Laughing yoga.
- Working with flowers to  
heal the inner being.
- Colour healing through  
your chakras.
- Supporting & connecting  
with others using partner  
postures.

### BENEFITS

Our workshops will teach you  
how to manage and release  
your daily stress in a healthy,  
fun and healing way.

You'll learn to relax your  
body, mind and spirit while  
reconnecting with yourself  
and others. And of course  
there's the added physical  
benefits yoga brings.

Join us and recapture your  
sense of self, fun and free-  
dom.





## About Yoga4Kids

Yoga4Kids started in South Africa in 2003 and now teaches yoga to children in Johannesburg, Pretoria, Durban and Cape Town. Yoga4kids Children's Yoga Teacher Trainings have been running successfully from 2004.

Although our focus remains on children's yoga in schools and studios and children's yoga teacher trainings we have now branched into our **Soul Purpose Workshops**. These focus on pregnancy, mother & child relationships, women's healing, yoga for teens, children's retreats and bringing yoga into the home. Please also note that our Teacher Trainings will now also operate under the umbrella of the Soul Purpose brand.

### CONTACT DETAILS

For children's yoga classes and general enquiries contact Suzie Manson or Nathalie Fagan.

Phone: 083 299 6555 or 084 341 2833 (Nathalie)

Fax: 086 497 499

Email: [info@yoga4kids.co.za](mailto:info@yoga4kids.co.za)

For Soul Purpose teacher training, retreats and workshops contact Suzie Manson as per the above.

For information on **Children's Retreats only**, contact:

Glynis Overmeyer

Phone: 083 299 6555

Email: [glynplaying@mweb.co.za](mailto:glynplaying@mweb.co.za) or [info@yoga4kids.co.za](mailto:info@yoga4kids.co.za)

Or visit us at [www.yoga4kids.co.za](http://www.yoga4kids.co.za).

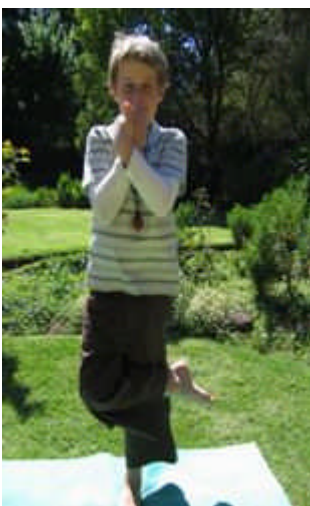
*We so look forward to seeing you on one of our workshops, at the teacher trainings or in yoga class. May God bless you and keep you warm and safe.*



*With love,*

*Suzie, Nathalie & the Soul Purpose team*

## Benefits of Yoga for Children



Yoga is a form of exercise, meditation, and breathing practices designed to bring unity to the mind, body, and spirit.

During a child's formative years, it is important to build self-esteem, self-awareness and strengthen the mind and body. Today, children are often overstimulated by TV, movies, computer games and the hectic pace of today's lifestyle. Through yoga a child can develop a stronger body, increased self-confidence, peaceful mind and uplifted spirit.

### Body Benefits

- Develops body awareness, strength & flexibility.
- Builds balance & coordination.
- Tones internal organs & promotes overall good health.
- Assists with the performance of other sporting activities
- Relieves stress & provides a sense of general well-being

### Mind Benefits

- Stimulates imagination, empathy & creativity.
- Builds self-esteem & confidence.
- increases focus, attention & concentration.
- Develops mental balance & awareness.
- Improves performance in all areas of life including school.

### Spiritual Benefits

- Promotes self awareness & compassion.
- Develops a sense of connection & oneness with nature.
- Teaches us to honor ourselves, others & all living things.
- Builds discipline & a passion for learning.
- Teaches children to be gentle with themselves & others.