



# ABOUT THE PRETZEL KIDS YOGA TEACHER TRAINING METHOD

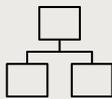
Are you looking for a kids yoga training that will give you the tools to teach kids yoga classes in schools, gyms, studios or online? You've come to the right place! Pretzel Kids yoga has been leading teacher training certification courses since 2007.

The Pretzel Kids Method will prepare you to plan, structure, sequence and lead creative yoga classes for preschoolers to high schoolers. Plus, we're the only children's yoga company offering you branded licensing, marketing, teaching and branding support after your training ends.

## YOU WILL LEARN:



The Pretzel Kids methodology for creating slam-dunk lesson plans



How to structure classes for developmentally appropriate age groups



How to bring yoga and mindfulness into school settings



Our plug-and-play curriculum to include yoga activities, themes, and games



Specific meditation and breathing techniques



How to market yourself and promote classes in your community

**So what else sets us apart?** The Pretzel Kids yoga curriculum was developed by classroom teachers who have the knowledge and expertise to help you understand and successfully work with the particular developmental needs of specific age groups of children. As a result, graduates of our program will not only know how to structure a children's yoga class but how to manage one as well!

## MINDFUL MONKEY TRAINING

- Trainer: Robyn Parets, Founder of Pretzel Kids
- Location: Rutland, VT
- When: Sat., Aug. 6, 10-5 & Sun., Aug. 7, 10-5
- Early Bird Tuition: \$498
- Early Bird End Date: July 6
- Regular Tuition: \$598

## REGISTER AT MINDFUL MONKEY

(802) 345-2879

- [jillian@mindfulmonkeyyoga.com](mailto:jillian@mindfulmonkeyyoga.com)
- OR Contact Robyn Parets at Pretzel Kids
- (781) 883-5771 or
- [training@pretzelkids.com](mailto:training@pretzelkids.com)



I've never found success with anything until I found this. Robyn, I owe you and Pretzel Kids so much. Robyn and the team are always there to support you in your teaching journey. I am teaching at a studio and this has opened so many opportunities. It would take me a page to explain all of the amazing things. Just go for it!

-Cassandra G. Fragoso, Pretzel Kids Teacher in Los Angeles



To learn more about Pretzel Kids, visit [www.PretzelKids.com](http://www.PretzelKids.com)