

The only kids yoga teachers training that makes you experience yoga from awakened divine feminine consciousness

How do you teach a child yoga who already exists in the enlightened consciousness?

Children reside in the space of a child – a pure space of awareness and immense possibilities before age of 7. Guiding them to connect with their innate body intelligence from this knowledge and consciousness is the main contribution of this certified Kids Yoga Teachers Training.

Whether you are a teacher or a parent, the Mothers Love Kids Yoga Teachers Training will awaken a totally new consciousness in you, you start embracing Yoga as a creative play of embodied movements, dance, flow and celebration of Existence.

# Mothers Love Kids Yoga Teachers Training

Batch #2 starting in May & July 2021



## Address

Blk 441 Choa Chu Kang Avenue 4  
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## Contact

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“What makes this training so unique is that it is a gift from Parashakti, the Cosmic Mother to humanity – as a channel to train a new species of conscious yoga teachers to help the next generation of children already here and those yet to come.”

~ Ma Durga, Founder



## Modules of Training

The training fee is @ SGD4,000.  
Early bird entitles 10% discount @ SGD3,600 if payment is made by 31st May 2021.  
Minimum 6 participants to start the training program. Course fee includes training notes, meals & venue during the program.

### MODULE#1: 18TH - 27TH JUN 2021 (10 DAYS) IN SINGAPORE

Origin of Yoga, divine feminine consciousness, space of a child, the utility and embodiment of human body, human development: Water-based patterns & its application in Yoga leads to experience of Wholeness, Human Anatomy & organs system, teaching techniques in creating a sacred playground for creative expression and practicum, tips to design your own practice

### MODULE #2: 21ST - 28TH AUG 2021 (8 DAYS), VENUE TO BE CONFIRMED

Human development: earth-based patterns & its application in Yoga gives grounding to physical plane, preparation for advance poses like backends, Science of Pranayama, Parents Kids Home Yoga Beginners Series & its activity pack, teaching techniques for grounding kids, teaching practicum on a written assignment related to your passion.



## Content Highlights (Estimated 202 hours)

### YOGA FROM DIVINE FEMININE CONSCIOUSNESS

There is an energy in each one of us that is responsible for what we see and experience - it is called Divine Feminine Consciousness. Awakening this energy helps you to relate with children as they are and develops your ability to hold a space of huge possibilities for them.

### LEARN TO CREATE A SACRED PLAYGROUND FOR CHILDREN

Children learn through play! By creating a sacred playground, they can learn the Science of Yoga as a play of embodiment and creative expressions.

### BODY-MIND CENTERING

From a single cell of an embryo to a 2-legged human being, a child undergoes an evolution of human developmental patterns. Mapping this insight into Yoga can bring about a completely new depth in body work and consciousness.