



<p align="center"><u>PLAYSHOP</u> ABRACADABRA, MAJIC YOGA! (3-hours)</p>	<p align="center"><u>PLAYDAY</u> ABRACADABRA, MOVING WITH MEANING FOR HEALTHY LIVING (1 day- maximum 6 hours)</p>	<p align="center"><u>PLAYTIME</u> ABRACADABRA MUMBO JUMBO (1.5 day)</p>
<p align="center">Hocus Pocus -Play, Create, Cooperate on your Lotus!</p> <p>A 3-hour magical introduction to the benefits of yoga with children and of children through the Littlefeet Yoga® Holistic Movement Model: <i>Play, Create, Cooperate!</i>™ Children's yoga lived and experienced by adults will lead you to a new world of sharing quality time with benefits for both adults and children.</p> <p>Do you want playful tools, ideas to share with children? Are you curious about exploring creative ways of being with children? Do you wish to experience refreshing ways to support children's health by looking through their eyes! This is for you! Come live a magical moment, and taste again the spirit of childhood, inviting curiosity and creativity to discover new grounds!</p> <p>You leave with: wonder, document filled with innovative ideas, creative relaxation and breathing techniques, yoga games, and FUN to share with children in your lives!</p> <p>Beneficial for: teachers, parents, health professionals, educators, school administrators, anyone working with children.</p>	<p align="center">Customize your day and let's play!</p> <p><u>Morning:</u> Abracadabra, MaJic Yoga!</p> <p><u>Afternoon:</u> choose between the following:</p> <p>a) Sessions with children in your schools/daycares, families. This allows for observation, better understanding and integration of tools and facilitates an easier transfer in teachers' /educators'/ health organization environments.</p> <p>b) Consulting for better integration, transfer: experience kids yoga lessons, some ways of sharing yoga, use/transfer in various settings/timelines , lesson/sequence planning, importance of imagery for meaning, how Play-Create-Cooperate facilitates group dynamics+responds to kids needs/interests, bringing calm, etc.</p> <p>You leave with: wonder, document from the morning, document from afternoon, lesson plans + tools for transfer, creative inspiration, and more.</p> <p>Beneficial for: health-sports-kids organizations, schools, schools boards, teachers associations, conferences.</p>	<p align="center">A funtime bundled up in a magical playtime!</p> <p>DAY 1 <u>Morning:</u> Abracadabra, MaJic Yoga playshop.</p> <p><u>Afternoon:</u> you choose between facilitation of classes by Catherine OR consultation with teachers (see "Playday" description)</p> <p>DAY 2 <u>Morning:</u> if you chose sessions with children on DAY 1, you will receive creative consultations with your staff.</p> <p>If you chose consultations on DAY 1, you will receive sessions with children.</p> <p>You leave with: wonder, documents from morning and afternoon with tools for transfer, sequences, lesson plans, valuable observation of classes, free access for 3 month to private forum for sharing and growing, more!</p> <p>Beneficial for: health-sports-kids organizations, schools, schools boards, teachers associations, conferences.</p>
<p align="center">COME PLAY NOW - CONTACT CATHERINE!</p>	<p align="center">BE CREATIVE NOW - CONTACT CATHERINE!</p>	<p align="center">BE INSPIRED NOW - CONTACT CATHERINE!</p>

