

Yoga Inspirations™ Introduces...

Yogaland!™ At Your School

2-Day “Train the Trainer” Program



Yoga For Children...In response to our stressful times (the “hurried” child), the need to focus, and a quadruple increase in the amount of childhood obesity since 1970 (ages 6-11 as determined by the Center for Disease Control), schools have been increasingly interested in the self awareness and exercise that Yoga and breathing exercises deliver.

Children learn best through story; The Yogaland!™ experience provides Kindergarten thru 3rd graders, an exciting story of animal poses; grades 4th and up experience a more mature children's yoga that is still customized to meet their needs which are different than adults. This practice involves mind, body, breath and imagination while using “sound physical exercise”.



Diane Cline, the Founder of Yoga Inspirations™ and Yogaland!™, has brought Children's Yoga to thousands of kids in the Arizona public and private school systems. She has benefited over 11 schools in 2007 alone. The Yogaland!™ “Train the Trainer” program is in direct response to teachers wanting to be empowered with the tools of Yoga and the “Yoga Moment™”, a children's calming exercise.

Change your life...better yet, change your students lives. Register NOW!

When: Saturday and Sunday, November 10th & 11th, 9:30am to 5:30pm both days

Where: Vision Quest, (Studio) 2225 N Scottsdale Rd., Scottsdale, AZ, 85257
more information at www.YogaInspirations.com/workshop

Investment: Standard enrollment is \$349, with a required \$100 Deposit.

Conference Teacher discount is \$50 (\$289) with today's registration; or
Conference Teacher discount of \$20 (329) if registered by October 18th, 2007.

Register your new opportunity for an incredible life impact here:

Name: _____	Make Check # _____ Payable to:
School Name: _____	Yoga Inspirations
Cell Phone Number: _____	PO Box 42200
Email Address: _____	Mesa, Arizona, 85274

About Diane Cline: Diane is a Registered Yoga Teacher (RYT), with a degree in Business Administration, whose love of Yoga and children has inspired her to develop an incredible program that can bring Yoga to children in a fun, engaging, educational and meaningful way. Her Yogaland!™ program has received an overwhelming response from teachers, students and Principals. Diane's program is endorsed by the Arizona School Boards Association and has received many testimonials which can be viewed on her website at www.YogaInspirations.com. She is also an invited presenter in 2007 for the Annual AZ AHPerhd conference, as well as the AZ School Boards Conference.