



Sydney Solis

Yoga Teacher and Storyteller

Teacher/Parent Training • Storytelling Performance
Family Yoga Class • Feb. 3-4, 2007

Kids Learn by Having Fun with Yoga and Stories!

Learn the ancient art of storytelling with internationally known Storyteller and Yoga Teacher Sydney Solis.

Learn to teach yoga, meditation, relaxation, yoga philosophy and peace and character education to children ages pre-K through grade 5 with multicultural wisdom stories to make yoga and literacy come alive!

FAMILY FUN!

Saturday Feb. 3, 6 p.m.
The Treasure in your Heart
Yoga Philosophy through interactive story-telling for the whole family!
\$5 kids, \$8 adults.

Sunday Feb. 4
4:30-5:30 p.m.
Family Yoga Class
"The Shipwrecked Sailor"
An Egyptian story about courage and living from the heart.
\$30 whole family

For more information, visit Sydney's Website at www.StorytimeYoga.com



**At Yoga Elements
906 Main St.
Louisville, Colorado
to register, call
720-988-0064**

Teacher/Parent Training

PART I

Saturday Feb. 3. 1:30-5 p.m.
Learn the Storytime Yoga method - yoga with story, games, songs and more and getting kids to create their own stories.

PART II

Sunday Feb. 4, 1-4 p.m.
Master the art of storytelling to teach peace and character education. Learn to use it with Meditation and Relaxation and Yoga Nidra for Children.

\$95 each session + \$29.95 for Storytime Yoga Book.

\$150 for both days. Bring a friend and save 10%!

Register by Jan. 3 and save 10%.