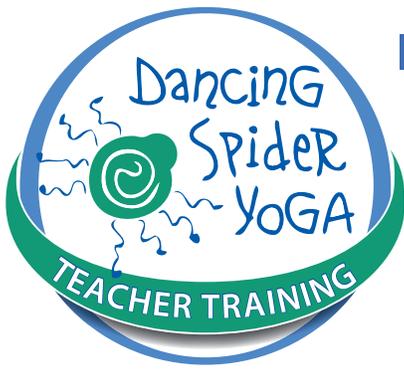




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865-282-6515  
[ajeetlotus@gmail.com](mailto:ajeetlotus@gmail.com)





## Immersion Weekend Teacher Training Retreats

**Comprehensive Weekend  
Residency in Children's Yoga  
with Ajeet Khalsa**

**Dancing Spider Yoga**® for children is a relaxed and certified 3-day Children's Yoga & Meditation weekend taught by Ajeet Khalsa. This training gives your studio or school an infusion of vital energy and gently yet firmly guides participants into a joyful and easy way to teach all children *yoga*.

### **In the weekend we offer participants:**

\* A Yoga Alliance certified 3-day immersion into Kundalini Yoga - The Flow of Grace, as well as a comprehensive Children's Yoga Pose Manual - **Dancing Spider Yoga**® a done-for-you guide of music, stories, songs, poses and rhymes that work effectively for children of all ages, and children on the spectrum.

Beginning Friday afternoon, we open the space for creating the link into the lineage of yoga, as taught by 3HO. We go through a vigorous adult sequence which opens the spine, and deeply connects us to each other. The evening ends with a self-acceptance meditation.

The Saturday portion covers the *Dancing Spider Yoga* © manual of poses. We dive deep into how children learn, and why yoga is good for them. We back this up with research, data and supremely inspired case studies. We cover the *how* to teach a variety of age groups, what to teach them and where to teach them and includes classes for specific ages.

For Sunday, we go into special education, Somatic Awareness, ADD, Spectrum children and more. We have a detailed nutritional lecture on what to feed your children and healthy snacks at school, stresses that children and teens are now experiencing, and to the extent to which children are agitated or worried, we give guided lessons for teaching in a day-care or school setting.

"What am I uncovering today? I am uncovering a deeper awareness of where my attachments are...I have always doubted my ability as a yoga teacher so I took a break from teaching. After the training I am left with more confidence! I do have the knowledge and experience to teach yoga to children! I am also teaching with a healthy, happy, glow, experiencing more freedom. I can share love better!"

*Sarah Jane Pre-School Teacher*

"I came to gain tools to help my children, especially my special needs child, to grow into the humans they are meant to be. What I got from the training was the reminder that one of the greatest tools I have lies within me! I can nourish myself, then I can give to them."

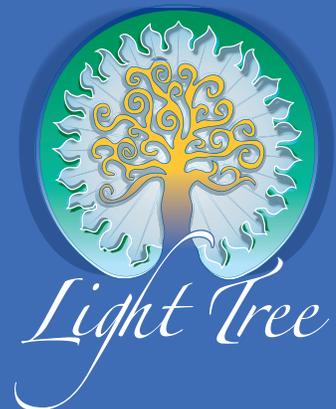
*Crystal, Herbalist*

"Today I uncovered that I am carrying a bit of grief with regard to my relationship with my son. I don't buy into the idea that there is some pathological issue to the spectrum. I think these kids just experience the world in a different way and it is our job as parents and educators to come to them with compassion and help them navigate the world. I am afraid I have failed him in this way. I'm leaving today with two important things: tools for staying on my yoga practice with my home-schooled children and a more centered mama for my family!"

*Jessi, Special Ed Teacher*

"Here's what I'm uncovering during this training: that I have a wealth of information to share to children. Through this weekend, I continue to add to my knowledge base and grow. I will use the Dancing Spider Yoga to teach children, parents and families how to regulate their emotions, desires and to feel good about themselves! It's so easy to learn and to teach."

*Keisha, Studio Owner, Mental Health*



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We'll also spend time in break-out sessions where Ajeet's style is patient, accommodating, exhilarating and inspired. Each participant is given **individualized attention** to their teaching needs and encouraged to be creative, embodying the sacred teachings of **Dancing Spider Yoga**®.

Ajeet and the Light Tree team offer your studio or school a supportive and spirited attitude! We have a ready-made flier and all web content for your studio/educational website. We offer competitive rates on regular and EARLY BIRD specials to make this an easy weekend of yoga for people to dive into! We like for studios and schools to chat with the Light Tree booking team, or Ajeet, to go over training details, pick a date 8-12 weeks out from the training and immediately put it up on your studio site to offer.

### **Booking Ajeet for a Dancing Spider Yoga® Training**

- Ideal Trainings have 6 -12 students enrolled 4 weeks in advance
- Studios or schools handle all pre-registration fees and web-site promotion
- Light Tree does customized flyers, images and logos for marketing
- Studio or schools covers Travel fees, Lodging, Meals and Training Manuals

Ajeet's fees are \$1600 + percentage of fees after per-diem costs for travel. Training is typically priced at \$399/person or \$297 for 10 or more.

**Studios can expect to profit \$400-\$800 for each weekend training**

**To discuss weekend trainings and available dates contact:**

**Janet Capell, Special Education**  
**pete\_janet@hotmail.com • 865-363-0085**  
**or ajeetlotus@gmail.com**



## **Your teacher training weekend participants will receive:**

- **Dancing Spider Yoga**® certificate of training and completion
- Complete teacher's manual of the **Dancing Spider Yoga**® program
- Use of **Dancing Spider Yoga**® name, logo and images for one year
- Continuing Education Credits for registered yoga teachers Yoga Alliance

Typical training begins with a Friday evening opening lecture, a full day on Saturday where the **Dancing Spider Yoga**® curriculum is covered in detail and all-day Sunday starting with *Creative Moves and Teen Yoga*, Kinetic Awareness, Yoga for Special Population, yoga foods and spiritual parenting



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# Sample lesson plan for ages 5-10, and Children on the Spectrum

The key with this group is spatial awareness. Be Present, Be Awake and remember to silently say to yourself: I am not a Man, Woman, Person, Myself: I Am a Teacher before you begin.

- 1 Opening Movement Dance/Name Game
- 2 Tune In: Chant the Mantra (Ong Namoh)
- 3 Spinal flex --upper and lower
- 4 Life Nerve Stretch
- 5 Rock Pose spinal flex (1-3min)\*
- 6 Spinal Twist--hands on shoulders (1min)\*
- 7 Elbow Twist--bear clasp--(1-2min)\*
- 8 Shoulder Shrugs--108--straight arms
- 9 Rest in Corpse/Slithering Snake game
- 10 Log Rolls—across the floor
- 11 Sat Kriya\*
- 12 Savasana (relaxation pose)
- 13 Back-to-Back Breathing--Hear the heart beat!
- 14 Heartbeat Rhythm—Sa-Sa-Ta-Na-Ma-Ma

## The Long Time Sunshine Song

Remember, you are not your fears! Teaching children this age use a timer and work incrementally up to the 3 Sat Nam=truth within me. Kriya=pose sequence.

