

Youth Yoga Dharma announces:

Youth Mindfulness Teacher Training

with Cator Shachoy & Friends
An 8-week series with a Saturday daylong

Cost: \$325 before January 23, 2009. \$350 after)

**Thursdays, 7-10 pm, February 19 - April 16
& Saturday, March 14, 10-5 pm, 2009**

Learn to teach meditation to young people. This 30-hour training will include skills to develop a rapport with youth and offer meditation instruction appropriate for young people in a non-sectarian manner. Topics addressed include: how to inspire young people in the practice of meditation, how to build trust with teens, council practice, movement games, communication skills, and issues of diversity & gender. Cator Shachoy is the founder of **Youth Yoga Dharma**, a non-profit organization dedicated to offering youth the skills of meditation & yoga, emphasizing disadvantaged situations. We emphasize working with teens, however all school age children will be addressed. Visit us online: www.youthyogadharma.org. Class limited to 15 - register early!

Participants should have 2 years daily meditation practice (minimum), participate in a regular sitting group (or have a teacher's guidance for their practice), have participated in at least two 7-day silent meditation retreats and have a sincere desire to work with youth as a mentor & role model. Experience working with youth is a plus. Please submit registration form with payment. Reg. form is available on line. \$50 non-refundable deposit reserves your place. Some scholarships available. No refunds after January 23, 2009

To Register: Call (650) 992-9642

Email: www.youthyogadharma.org / info@youthyogadharma.org

Send payment & registration to: YYD, PO BOX 3452, DALY CITY, CA 94015

Cator Shachoy has worked with youth as a teacher of meditation, yoga, and other skills for over 10 years. Cator began the practices of Buddhist meditation, Yoga and Energy healing in 1990 due to chronic illness. Through the regular practice of these disciplines she began to recover her strength and vitality. In 1995 Cator moved to San Francisco, where she teaches yoga & meditation to adults and youth, and has a private practice in Craniosacral bodywork. She is an Iyengar yoga instructor, a healer & practitioner of Visionary Craniosacral bodywork, and a member of the Spirit Rock Teen Council.