

Cornell Cooperative Extension | Sullivan County
ChildLight Yoga Teacher's Training

April 24

4:30-7:30 pm

April 25 & 26

8:30 am-5 pm

\$433 per Person

**Extension Education
Center, Liberty**

Earn your certification as a certified ChildLight Yoga Instructor with the following lessons:

- Mindfulness activities, yoga postures, breathe work, and visualization techniques.
- Learning the physical, cognitive, social, and emotional wellness benefits
- Modify and adapt teaching for a variety of settings, groups, or individual needs.

Payment required in advance. Sorry, no refunds.
sullivanccce.org • sullivan@cornell.edu • 845-292-6180