

UNIVERSAL ENERGY ARTS

YOGICCHILD TRAINING ACADEMY



Transform Your Life Forever with the YogiChild Academy Teacher Training Programmes

YOGICCHILD aspires to follow the Eight-fold Path of Patanjali.

A person who follows this Path is called a Yogi

YogiChild is dedicated to the physical, emotional, mental, energetic and spiritual growth of all the children (young and old) of planet earth, to manifest strong physical bodies, pure loving hearts and open creative minds.

YogiChild Teacher Training will empower you to teach all ages and needs of students, not only children. It will greatly expand the horizons of what you think is possible, whilst enhancing and nourishing all aspects of your well-being.

The uniqueness of this particular course is its emphasis on developing all levels of our being: physical, energetic, emotional, mental and spiritual. The core focus of this training is to become a radiant energetic presence in the world, through the learning, practice and teaching of the YogiChild Curriculum.

The training comprises of the YogiChild 12 Directions, which incorporate the Infinite Tai Chi YogiChild Short Form, Power Animal Yogic Exercises, Healing Sounds Chi Kung, Golden Sun Chi Kung, Golden Dragon Chi Kung, Standing Like a Tree Chi Kung, Meridian Stretching and Tracing Chi Kung, Yoga and Meditation techniques (such as Asana, Pranayama, Mudra, Bandha, Yantra, Mantra & Tantra Kriya), It also includes deep relaxation methods, focus and concentration techniques, visualisation, stories, music, percussion, rhythm, rhyme, song, dance, science and art. We encourage daily wholesome Exercise good Food, Air, Water, Getting Back to Nature and Fun, Fun, Fun, Fun!

YogiChild 12 Directions



THE GOLDEN DRAGONS AND THE WISH-FULFILLING JEWEL



The Power Animals, Directions and Healing Sounds of YogiChild by YOGI CHO

Hardcover and e-book available
from www.YogiChild.com

The YogiChild Story encompasses an incredible adventure with the Golden Dragon Family journeying through the 12 Directions, Elements and Healing Sounds with the Power Animals, as they seek
"The Wish-Fulfilling Jewel"

YOGI CHILD ACADEMY



YogiChild is the *Art and Science of Living* and is concerned with the evolution of the mind, body and spirit of teacher and student.

Become a Radiant presence in the world through YogiChild Training.

By learning the 12 Directions, Power Animals and Healing Sounds which incorporate Yoga, Tai Chi, Chi Kung and Meditation techniques, you will be empowered to give classes to all ages and abilities of students, not only children.

www.YogiChild.com

Join us on a sacred trek that guides focus from inside-out and outside-in, raising our vitality and consciousness to connect with an inner joy, grand ultimately to become Radiant YogiChild Warriors.

The 12 YogiChild Directions, combine and balance all aspects of Yoga and Tai Chi together in one system. Learn to cultivate a diamond-like invincibility by embodying the Three Treasures of the Universe: Power, Love and Wisdom and the Four Immeasurables Loving Kindness, Inner Joy, Generosity and Compassion.

YogiChild Training is module-based and certification is dependent on previous qualifications and experience and will take between 1 to 3 years. Trained Yoga Teachers will be able to begin using YogiChild techniques on completion of their first module.

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