

# BodyMind For Children

TEACHER TRAINING WEEKEND

6<sup>th</sup> & 7<sup>th</sup> June '09

Venue to be confirmed

Sue Woodd and Emma Frame are presenting a new, unique children's seasonal led activity programme. The programme offers Yoga/T'ai Chi teachers and primary/nursery teachers a toolbox of integrated health and exercise games and activities for the body, mind and spirit to share with children.

Childhood is a vibrant time when natural energy and creativity is rising, and when the eyes and minds are open learning can be fun. However, the tendency of our fast pace society is to rush children into adulthood, brought about by the desire for them to succeed. This makes activities that are supposed to be fun, hotbeds of competition, with jam-packed schedules, leaving no time for family and play.

Participating in the BMC teacher training course will enable teachers to venture out into schools, nurseries and community groups, to demonstrate and share these concepts and ideas with children, knowing that they will be taking on an active role in their physical, emotional and mental wellbeing AND getting them away from the television, computer and video games.

BMC uses the traditional and ancient knowledge of Yoga and T'ai Chi in a new approach with the use of games, activities, stories, music AND play equipment, along with an introduction to Morgan's Organs. Morgan's Organs is a fun education tool for everyone, to learn how the body and organs work and how they affect us in everyday life.

# BodyMind For Kids

BMC is aimed at children from 3-12, and is designed to create a strong healthy flexible body, improve concentration, balance the mind and bring about a sense of inner peace, self-confidence and stability

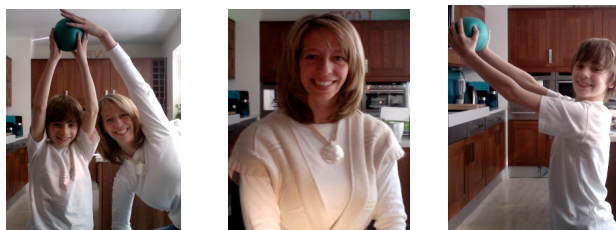
A fun and informative weekend with loads of ideas, suggestion, guidelines, advise and support covering aspects such as class management, content, children's behaviour management, safety aspect & risks, marketing and games galore along with full understanding of Morgan's Organs. The uniqueness of Morgan's Organs enables a qualified teacher of the programme to confidently approach local authorities and schools with not only the physical aspect of BMC but also its educational value. Morgan's Organs really helps children understand nature, both human and the natural forces of nature in and around them, and therefore helps them make healthy and thoughtful choices about their lifestyle.

The cost for the weekend will be at an **introductory offer price** of £250 for (Usually £380). This will provide you with a Body Mind Children Teacher Training Certificate (similar in Energy in Seasonal Training Weekends with Julie Hanson and Sue Woodd, Chi Yoga Centre) along with bi-monthly updates of Morgan's Organs and suggested lesson plans throughout the year after the training weekend.

Please contact us at [emma.frame@btinternet.com](mailto:emma.frame@btinternet.com) for further information.

## EMMA FRAME

Emma Frame is a qualified Chi Yoga School yoga teacher and has taught in Glasgow for the last 6 years. She has also worked for nearly 10 years with children in sport, exercise and gymnastics. After having two children, of her own, Emma became aware of the need for physical classes for under 5's and created an exercise and movement programme in her local area that was highly popular. Emma then moved on to gain her Scottish Gymnastics Pre-School and Recreational coaching qualifications and worked with Glasgow City Council and East Renfrewshire Council in the Culture and Leisure sector for several years. Emma gained her Under 7's Yoga Bugs teacher training qualification a few years ago, but her goal is to achieve a unique style of yoga/tai chi/activity class that uses the seasons, organs, and the body in a fun environment. Having met Sue during her teacher training, she was very fortunate to be invited to join Sue and Tina Hedren in their creation of Bodymind Children. Combining Emma's 10 years of experience with children, with the wealth of knowledge of seasonal living, that Sue and Tina have, BMC provides a fully comprehensive & practical teacher training course.



## SUE WOODD

Sue Woodd has been working in the field of Complementary Medicine for the past 20 years, founding her own school in 1991. She is a registered Trainer with the Shiatsu Society and T'ai Chi Union and she teaches for the F3 T'ai Chi and Chi Kung Academy and Chi Yoga School, and is also graduate of the College of Cranial Sacral Therapy and teacher affiliated with Yoga Alliance. As an International Master Trainer she trains fitness instructors and lectures for leading Health Farms and Fitness Companies world wide and continues to raise public awareness through her books, DVD's and radio and television appearances.

