



# CircusYoga®

building relationships & communities through playful practice

South Berwick, Maine

April 30-May 2, 2010

Workshop & Immersion

with co-founder Erin Maile O'Keefe

**Level One Immersion** for adults and teenagers  
FRI-SUN, April 30-May 2

**Community Workshop** for everyone ages 7 and up  
FRI, April 30, 6:00-8:00pm

#### location

ChildLight Yoga at the Nealley House  
169 Main Street, South Berwick, Maine 03908  
www.childlightyoga.com  
www.nealleyhouse.com

#### tuition

Level One Immersion Tuition & Manual: \$250  
Community Workshop Tuition: \$20/adult, \$10/kid  
*\*Community Workshop is included in the tuition for the Level One Immersion*

#### for registration and local information

Lisa Flynn at (603) 781-3323 or lisa@childlightyoga.com  
www.childlightyoga.com  
*\*Register for Level One Immersion by April 16, 2010.*

***CYTT was the most special workshop I have ever been a part of. I can't wait to introduce these special tools to my classes tomorrow!***—Shari Vilchez-Blatt, Karma Kids Yoga Founder, NYC

***There were so many useful, practical ideas balanced with inquiry and heart. I loved the authentic experience of partnership with the students and the ways we were guided to look inside without really being told to.***

—Molly Lannon Kenny, Samarya Center Founder, Seattle WA

***The most profound, most playful retreat I've ever been on.***

—Jen Taylor, yoga teacher & circus educator, CT

**WHO takes CircusYoga Teacher Trainings?** Anyone who works with groups of people to facilitate learning or healing can benefit from this training—parents, yoga instructors, classroom teachers, circus educators, group counselors, occupational therapists, recreation directors, and any human inspired to embrace the principles of inclusion, connection and play. The current age range of CircusYoga teachers is 13-73 years old.

**WHY CircusYoga?** After twenty years of practicing circus and yoga we naturally combined them and found the result was exponentially greater than the sum of its' parts. Both traditions offer a veritable feast of practices, and when blended formed a rich and safe container to explore the expansion of the self and the inclusion of the other.

**HOW will I learn?** We learn about CircusYoga through the kinesthetic and experiential practice of CircusYoga. Our culture is based on the circle, with each person in that circle holding an essential part of the whole. The principles of inclusion and connection guide us on our journey together.

**WHAT will I learn?** Opening new realms of vocabulary for play, we will explore mandala, partner and flying yoga, partner acrobatics, human pyramids, juggling scarves, balls, rings, clubs, diabolo, devil sticks, poi, spinning plates, hula hoops, push sticks, clowning and physical comedy, balance on poles, wires and slack lines, thai yoga massage, creative movement and lots of group games. And most importantly, we will examine and reveal our own unique teacher's journey.

#### **CircusYoga® Level One Immersion**

Ignite the CircusYoga fire in you. Begin your path to becoming a CircusYoga teacher. Or simply get infused with the principles of connection, community and play during this experiential weekend of:

- connection** through foundational principles and practices of CircusYoga
- play & creativity** within an inclusive group
- partnering** in Hatha, Thai and Flying Yoga
- circus skills** including juggling, balance, clowning & partner acrobatics
- yogic awareness** in relating to self and others

*The weekend will kick off with a Community Workshop. Included in tuition is the **CircusYoga® Level One Manual**. This is also the prerequisite for the week-long **CircusYoga® Level Two Teacher Training**.*

[www.CircusYoga.com](http://www.CircusYoga.com)