



## ChildLight Education Company®



ChildLight was established in 2005 with the intention of sharing yoga & mindfulness with youth. As we've grown, our certification programs include SEL, mental health reset strategies, and additional wellness modalities for all ages and abilities. Our knowledgeable team is dedicated to providing evidence-based and trauma-informed trainings, classes, and curricula. We envision a future in which everyone is equipped with the tools needed to meet life's challenges in healthy ways.



[childlighteducationcompany.com](http://childlighteducationcompany.com)  
[info@childlightyoga.com](mailto:info@childlightyoga.com)



## **Teacher Training Certificate Programs** **live online | self-paced | in-person**

- Yoga & Mindfulness for Children
- Advanced Teaching Concepts
- Yoga & Mindfulness in Schools
- Yoga for Babies and Toddlers
- Yoga & Mindfulness for Youth Athletes
- Yoga & Mindfulness for Tweens and Teens
- Stress Reduction for Teens through Mindfulness
- Trauma Informed Yoga & Mindfulness
- Yoga & Mindfulness for Diverse Abilities
- Yoga & Mindfulness in the Preschool Classroom
- Gentle Yoga for Seniors Teacher Training
- 200 hour Adult Yoga Teacher Training (RYT)
- 95 hour Children's Yoga Teacher Training (RCYT)
- 85 hour Prenatal Yoga Teacher Training (RPYT)
- 30 hour Yin Yoga Teacher Training
- Annual Summer Training Immersion

**Onsite professional development workshops** of various lengths and formats can be customized to the needs of your school, organization, conference or group.

*We offer graduate-level professional development semester credit through the University of the Pacific, designed for salary advancement and/or to renew credentials for teachers in districts across the U.S. Trainings are valid for Yoga Alliance CE hours and possible CEUs or PDPs from your credentialing organization.*

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