

The Starchild Yoga Course

by Siri Arti Kaur

I am delighted to be delivering Starchild Yoga Instructors Course in September this year! Creating this course has taken me on such a journey of self-discovery, as well as the exploration into the mind, body and soul of the spiritual child. And still, each day brings a new insight, a new gift or even a new hurdle to clear. I have taught children in Montessori schools, in Steiner schools, in mainstream state nurseries and big private city nurseries and I ran my own playgroup in London after having my daughter in 2000. Never feeling satisfied with small groups, I always wanted to reach more children, share more love and joy and help parents be more conscious in raising their children.

Working with so many children and in various countries, I realised the need for knowledge on how to parent or how to educate, simply how to be with children so that they may blossom in the world.

STARCHILD YOGA was born when I merged my love of Yoga and my passion for education in 2004. I have been following this path since then with the same desire to reach out as I experienced with my very first teaching job in 1995! I believe that all children are stars and with some gentle attention, I encourage them to believe just how very special they are.

Society tends to push people together, treating them as one and forcing them to conform, so it is becoming increasingly important to help children be aware that they are special and have the right to be who they choose to be. With gentle encouragement and acknowledgement, children learn to believe in themselves and in turn learn to ***“walk taller than the stars, be brighter than the sun and be as peaceful, bright and beautiful as the moon”*** - ***Yogi Bhajan***. If we were all given the opportunity to reach our full potential, how full of sparkle the world would be.

STARCHILD YOGA is offering another way to raise children, a conscious and beautiful way. A way that really sees the child and offers them a loving space where they can connect to themselves, feel loved, be healthy and happy and reach their full potential, whatever that may be for them.

Siri Arti Kaur (Judith Nichol) is South African born, UK based. She is working in affiliation with i-SKY.net and is:

- KRI certified Level 1 Kundalini Yoga Instructor
- Working through Level 2 Practitioner
- I-SKY Intern and member of The Aquarian Trainers Academy
- Working towards becoming Kundalini Yoga Teacher Trainer
- Montessori Diploma
- Sun Yoga certified
- Yoga for the Special Child™ certified

Siri Arti is raising two of her own star children. She has been working with children in education for more than 20 years and for the last 6 years as a Children's Yoga specialist.

Anyone can attend STARCHILD YOGA INSTRUCTORS COURSE.

It is a comprehensive course offering:

- Regular Kundalini Yoga and Meditation classes for children throughout the course led by Teacher Trainer
- Presentation classes led by students
- Lectures, sometimes from visiting teachers
- Creative group work
- Plenty of Fun as well as hard work
- Self-development work

For more information, contact Siri Arti at Judith@starchildyoga.com, 07710334286, www.starchildyoga.com.