



**DEEP PLAY
FOR KIDS**



**WITH MISSY
BROWN**



FOUNDATIONS TEACHER TRAINING

Do you long to deepen your connection with children, and with yourself? Join me for an amazing opportunity to immerse yourself in kid-ified play, steeped and rooted in the comprehensive science of mindfulness, trauma sensitive wellness, yoga and meditation.

INTENTIONS:

- Lovingly educate and plant seeds
- Empower kids to be their own best teachers
- Make yoga and mindfulness practices fun, relevant, adaptable and age appropriate
- Support kids to come from a place of empathy, compassion and authenticity
- Share evidence based self regulation and self soothing skills to decrease depression, anxiety, build resilience, develop compassion for self and others, and to be able to respond rather than react
- Upon successful completion, you are a certified children's yoga and mindfulness teacher.

25 - 27 April
2025

Fairfield, CT

**For further information or registration please contact
deepplayforkids@gmail.com**



Our kids need us, we need us, come play!

Calling all parents, grandparents, schoolteachers, para-professionals, pediatricians, clinicians, therapists, nurses, yoga or dance teachers, day care providers, teens, young adults, the list goes on and on...and calling YOU... IF NOT NOW, WHEN?

Have a blast while you play with the science behind mindfulness and yoga, and kid-ify it. No prior yoga experience needed; all are welcome! Learn creative strategies and supportive tools for self-regulation, self-soothing, skills to develop compassion to self and others, and awareness to respond rather than react. Experience how to lovingly educate and plant seeds from evidence based and trauma sensitive practices.

Encourage experiences to come from a place of empathy, compassion, and authenticity.

Key Information:

- This training takes place in person at 205 Richard White Way, Fairfield, CT 06824, from April 25 - 27, 2025.
- Information about fees, program schedule, registration and more is further below and on the next page. You can also visit www.deeplayforkids.com/trainings--programs.com for more details.
- Leave as a certified Deep Play For Kids yoga and mindfulness teacher, and with an overflowing heart and tool box, ready to implement adaptable and re-creatable experiences into your life, your home, your classroom, your studio, your office and beyond.
- We are thrilled to be offering this date in 2025 as DPK believes this is needed now more than ever. Come learn invaluable ways to offer tools to navigate in our lives and their lives. A not to be missed transformational offering.
- For further registration information and any questions please contact Missy at deeplayforkids@gmail.com or 203-858-6509.

Not quite 100% sure or ready to commit? Let us know and - if space allows - we are happy to tentatively hold a spot for you. Just email deeplayforkids@gmail.com.
Enjoy this 2 minute video for a taste of what DPK is: What is DPK?

DPK is proud to offer tiered tuition pricing as follows:

1. Actual Cost being offered for this training : \$625.00 (+ CT sales tax as applicable)
2. Reduced Cost offered for those in need: \$525.00 (+ CT sales tax as applicable)
3. Support Someone in need with additional funds: \$725.00
4. Sliding scale and scholarship available, when possible, on confidential and individual need basis, as well as for 501(c)(3) organizations.