

YOGA EDUCATION FOR SCHOOLS

The C.A.L.M. Youth Leadership Academy is truly a unique training program for high school students. This program gives students the opportunity to learn yoga and mindfulness tools and practices that will empower them to develop a better relationship with themselves as they learn to release anxiety and become more confident individuals. Students will be provided with a manual that contains stories, games and songs to help them teach mindfulness, yoga and self-regulation to younger students in public and private schools in their area. The course content will also explore developmentally-appropriate techniques used to calm, center, and empower students, including students that have ADD, ADHD, Autism, and sensory-processing challenges. The program includes three signature components:

1. **Experiential Learning** – students participate in yoga and mindfulness classes to explore the fundamental principles of yoga and mindfulness in themselves.
2. **Training** – students receive instruction on the history and science of children’s yoga, practice and create lesson plans and children’s yoga experiences, and develop leadership skills through this comprehensive vocational training.
3. **Internship** – certified adult yoga instructors will provide mentorship for students to practice teaching young children in local public and private schools and receive guidance and feedback on lesson plans, classroom management, and teaching methods. This course can be offered as a high school elective and meets student service-learning criteria in most school jurisdictions.

LEARNING OBJECTIVES

- Learn yoga and mindfulness tools for self-care, emotional and behavioral management, and improved decision making.
- Learn how to teach yoga and mindfulness to younger children.
- Complete a practicum along with supervised practice teaching.
- Receive vocational training and explore leadership opportunities.
- Empower teens to feel a sense of belonging and allow them to be active, compassionate, thriving contributors to their community.

PATH TO
Peace



MINDFULNESS-BASED EDUCATION FOR SOCIAL-EMOTIONAL LEARNING TO CREATE CALM COMMUNITIES



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No prior yoga experience is necessary. All ability levels are accommodated in these educational, experiential classes and workshops.