

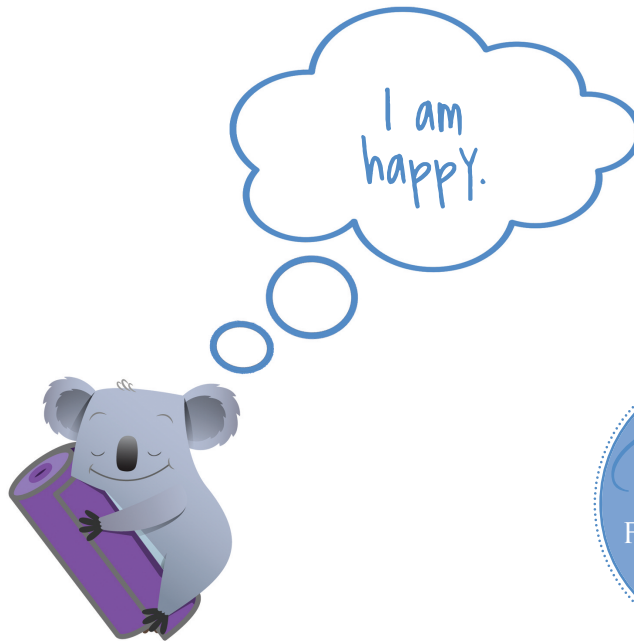
## YOGA EDUCATION FOR SCHOOLS

This foundational workshop will provide key stakeholders (teachers, counselors, school leadership) with an understanding of how yoga and mindfulness-based interventions can support social-emotional learning in schools. This 2-hour workshop will outline the primary challenges facing our children today and the research which indicates that yoga and mindfulness provide practical and effective tools to help children and adults enhance calm, focus and self-regulation. Program participants will gain fundamental insights and tools for self-regulation and stress relief, increasing their capacity to care for themselves and their school communities. This workshop provides the base from which schools can launch into deeper training. Create Calm's additional continuing education modules are designed to focus on specific learning points including sensory integration, emotional regulation, and special populations.

### LEARNING OBJECTIVES

- Practice accessible tools for self-regulation through experiential learning and live demonstrations, stress-relief, calming anxiety, and increasing focus.
- Identify the primary challenges facing our children today. Through group discussion and individual reflection, consider how this affects learning and behavior in your students.
- Review articles documenting research about yoga and mindfulness.
- Gain insights regarding the effects of yoga and mindfulness on the brain and the nervous system.
- Begin to develop a plan for implementing mindfulness practices in their schools.

PATH TO  
*Peace*



YOGA  
EDUCATION  
FOR SCHOOLS

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.*