

## Team Leaders

### 3-Day Children's Yoga Teacher Training & Mentorship

## YOGA EDUCATION FOR SCHOOLS

Select school staff will attend a training that builds upon the Create Calm continuing education workshop series to develop School Mindfulness Team Leaders. Participants, through a more in-depth exploration of yoga and mindfulness, will learn and practice new techniques to calm, center, and empower students, including students with ADD, ADHD, Autism, and sensory-processing challenges. The course includes a 90-page manual, 5 CDs, and 1 DVD with a workbook. In addition, each participant will receive up to 2 hours of mentorship by an experienced children's yoga teacher to include teacher observations, assistance with lesson planning and class modeling. This course is certified and approved for CEUs for professionals in health care and education.

### LEARNING OBJECTIVES

- Learn to teach yoga to children, toddlers and teens.
- Identify the signs and symptoms of dysregulation.
- Learn effective and sustainable mindfulness tools to use in the classroom.
- Understand how yoga and mindfulness tools can help reduce anxiety and increase students' self-regulation skills.
- Explore and practice age-appropriate techniques for self-calming and empowerment.
- Learn to stay centered and have clear, meaningful communication with children.
- Deepen skills and knowledge of yoga and mindfulness for children to support effective school-wide implementation.
- Gain the confidence to be a resource for yoga and mindfulness techniques in their school.
- Develop practices for inclusion and accommodating diverse learners.

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.*