

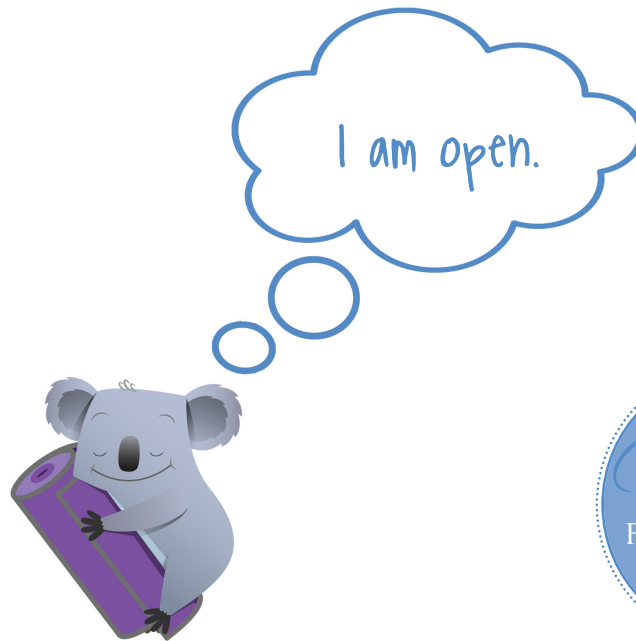
YOGA EDUCATION FOR SCHOOLS

To assist schools and teachers in implementing the tools learned in Create Calm workshops and training, schools may elect to engage in a two-day residency and implementation program. During the two-day residency, Create Calm staff members will provide mentorship to all school staff. This mentorship will include modeling the use of yoga and mindfulness tools in the classroom as well as providing observation and feedback to all participants to ensure effective implementation. Create Calm team leaders will meet with the school administration to review strategies for program sustainability.

LEARNING OBJECTIVES

- Observe Create Calm staff as they model tools and techniques in the classroom for self-regulation, focus and calm.
- Build and implement Mindful Moments, yoga and mindfulness lesson plans and techniques that bolster class management and encourage calm in the classroom community.
- Practice yoga and mindfulness tools to create and establish lasting classroom routines.

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.