

## Students

Experiential Learning Through Secular, Developmentally-Appropriate Classes

# YOGA EDUCATION FOR SCHOOLS

Yoga and mindfulness classes conducted on-site to provide students with an opportunity to practice tools for wellness, improved classroom collaboration and an enhanced sense of community. This program can be a stand-alone course or provides an ideal complement to reinforce the foundational skills introduced to staff in training and workshops. Create Calm classes are tied to core learning standards and school curriculum.

### LEARNING OBJECTIVES

- Learn yoga and mindfulness tools for self-care, emotional and behavioral management, and improved decision making.
- Practice self-calming and self-regulation.
- Strengthen core and increase flexibility.
- Improve immune system functions and self-care patterns.
- Enhance confidence, coordination and positive body image.
- Develop positive attitudes towards themselves and others.

PATH TO  
*Peace*



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



[info@CreateCalm.org](mailto:info@CreateCalm.org) | 240.532.CALM (2256) | [www.CreateCalm.org](http://www.CreateCalm.org)

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