

## YOGA EDUCATION FOR SCHOOLS

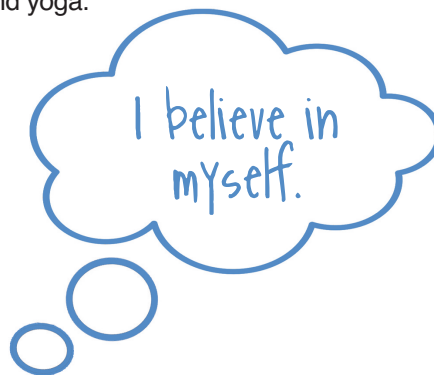
During these professional development workshops, participants learn powerful and effective tools to deepen the understanding and application of yoga and mindfulness practices to reduce stress in themselves and the children with whom they work. These tools include yoga poses, breathing exercises and meditation techniques to improve focus, balance and energy. Participants will explore practical techniques and develop skills to create calm through purposeful play and movement that encourages self-awareness, relieves tension, and fosters social-emotional competencies through mindfulness and movement. These practices can be easily implemented in the classroom setting.

The continuing education workshops are efficiently packaged in 2-hour modules designed to provide a layered learning experience while exploring specific topics such as sensory processing, emotional regulation, and special populations.

### LEARNING OBJECTIVES

- Learn the fundamentals of teaching yoga and mindfulness to children including age-appropriate breathing exercises, movement, and techniques for rebalancing energy.
- Identify stress-reduction and behavior management strategies.
- Practice varied techniques for calming and focus.
- Understand the intentions and benefits of yoga and mindfulness practices.
- Learn effective means for incorporating yoga successfully in a classroom.
- Understand the correlation between core learning standards and yoga.

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.*