

YOGA LEARNING ADVENTURES

YOGA & MINDFULNESS FOR EDUCATORS

Simple and Practical Applications for the School Setting

	SPRING TRAINING	SPRING TRAINING	SUMMER TRAINING
DATES & TIMES	Thursdays, March 5, 12, 19, & April 2, 9, 2020 5:15-7:15pm	Wednesdays, March 11, April 1, 8, 22, 29, 2020 5:30-7:30pm	Monday-Friday, July 13-17, 2020 10:00am-12:00pm
INVESTMENT	\$200 by February 20, 2020 \$250 Regular Price	\$200 by February 20, 2020 \$250 Regular Price	\$200 by June 12, 2020 \$250 Regular Price
LOCATION	Kellar School Gym 6413 N. Mount Hawley Rd Peoria, IL 61614	Robein School 200 Campus Street East Peoria, IL 61611	Kellar School Gym 6413 N. Mount Hawley Rd Peoria, IL 61614
REGISTRATION	http://www.yogalearningadventures.com/professional-development.html		
CONTACT	Angie Swearingian, Owner & Teacher Yoga Learning Adventures 309-453-8655 angie@yogalearningadventures.com		

WHO SHOULD PARTICIPATE?

This 10-hour training is appropriate for preK-high school educators in all roles from any school. No yoga or mindfulness experience necessary. Option to sit on the floor or in a chair, however each class includes deep relaxation, so participants will need to be able to get up & down from laying on the floor for the full experience.

WHY SHOULD I TAKE THIS TRAINING?

A calm and focused class starts with the teacher. Practice strategies to decrease stress and increase student engagement at this interactive and practical PD. Receive a teacher's manual aligned to the SEL standards to guide you through the classroom implementation process. Benefit from deep relaxation practice at each class, which includes aromatherapy with essential oils. Learn from a veteran school teacher who has taught yoga and mindfulness to students in the classroom setting, in Physical Education class, and runs an after school program yoga program.

CAN I GET CONTINUING EDUCATION CREDIT?

Ten professional clock hours will be issued by either Regional Office of Education 48 or 53 upon completion. The fee is included in the tuition.

DOES THIS TRAINING LEAD TO YOGA CERTIFICATION?

This is an introduction to using yoga & mindfulness strategies in your own classroom or client sessions. It does not lead to certification or qualify you as a staff trainer. To become a fully certified yoga instructor for kids and adults, a 200-hour yoga teacher training program, as well as a 95-hour children's specialty certification program is required.

WHAT DO I NEED TO BRING?

East Peoria Location: Bring water, notebook, pen, and yoga mat. Optional to bring 2 blankets and a pillow to make yourself comfortable during relaxation.

Peoria Location: Bring water, notebook, & pen. Yoga mats & props will be provided. Bring your own yoga mat if you wish.

WHAT SHOULD I WEAR?

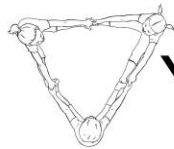
Wear comfortable clothes without zippers or buttons. Make sure your shirt is long enough that when you bend forward to touch the floor, your midriff will be covered. Secure hair out of your face. Plan to be barefoot or in socks as shoes are not permitted on the yoga mats.

WILL MY SCHOOL DISTRICT REIMBURSE ME?

Many of our participants have received reimbursement from their school districts or have received grants to cover the costs of the training. It doesn't hurt to ask! This training meets the National Professional Learning Standards by sharing resources to increase educator knowledge base and by focusing on sustained implementation of procedures and practices to promote long-term change. As teachers and students feel more calm and focused and take more time to relax, Illinois SEL standards will improve as a direct result of social and emotional needs being met. Activities are of a type that will engage participants over a sustained period of time allowing for analysis, discovery, and application as they relate to student learning, social emotional achievement, and well-being.

WHO IS THE INSTRUCTOR?

Angie Swearingian is on a mission to empower kids with strategies for self-regulation. A veteran school teacher and registered yoga instructor for children and adults, Angie has been happily teaching yoga and mindfulness to children and families in the Peoria community for 7 years. In 2017, she became a professional development provider for preK-high school educators, specializing in yoga and mindfulness techniques to meet the social emotional learning standards. After a 17-year teaching career at Peoria Public Schools, Angie now travels to schools to train staff and to teach students, as well as hosts public yoga classes for kids and families and leads teacher trainings. To make yoga more accessible to our youth, Angie is offering the first 95-Hour Children's Yoga Teacher Training Program in the Peoria area to share how the system of yoga can help build a balanced foundation of health and wellness to last a lifetime.



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REGISTRATION FORM

DIRECTIONS: Watch the two 1-minute timelapse videos of class on our website. <https://goo.gl/bYr1az>. Fill out the registration form as thoroughly as possible. E-mail completed form to angie@yogalearningadventures.com, drop off or mail to Yoga Learning Adventures 102 Fraser Street East Peoria, IL 61611. Checks should be made payable to *Yoga Learning Adventures* or online payments can be made on our website. You also have the option to register online. www.yogalearningadventures.com

SELECT TRAINING:

- ☐ SPRING: Thursdays, March 5, 12, 19 & April 2, 9, 2020, 5:15-7:15pm (Peoria)
- ☐ SPRING: Wednesdays, March 11, April 1, 8, 22, 29, 5:30-7:30pm (East Peoria)
- ☐ SUMMER: Monday-Friday, July 13-17, 2020, 10am-noon (Peoria)

Name _____ Phone _____

Email _____

Street Address _____

City, State, Zip _____

School Name _____

Job Title _____

Grade Level & Subject _____ Years in Field _____

How did you hear about this training? _____

Have you read the training information & watched our time-lapse videos on the website? Circle one: Yes No

What is your motivation & what do you hope to get out of this training? _____

Do you have an exercise routine? If yes, please describe. _____

Do you have any yoga experience? If yes, how long & how often? Where do you practice? What style of yoga?

Do you have any meditation experience? If yes, how long & how often? Where do you practice? What style of meditation?

Do you have any formal yoga or meditation training, such as a teacher training or certification program?

List any limitations, health issues, allergies, or injuries that you feel I should know as your yoga teacher.

Emergency Contact of someone who is available during our training:

Name _____ Phone _____ Relationship _____