



# YOGA LEARNING ADVENTURES

## YOGA & MINDFULNESS FOR EDUCATORS

*Simple and Practical Applications for the School Setting*

	EARLY FALL TRAINING	LATE FALL TRAINING	WINTER TRAINING	SUMMER TRAINING
<b>DATES &amp; TIMES</b>	Thursdays, Aug. 30 & Sept. 6, 13, 20, 27 5:15-7:15 pm	Wednesdays, Oct. 3, 10, 24 & Nov. 7, 14 2018 5:15-7:15pm	Thursdays, Feb. 21, 28 & March 7, 14, 21, 2019 5:15-7:15pm	Monday-Friday, June 17-21, 2019 10:00am-12:00pm
<b>INVESTMENT</b>	\$200 by Aug. 24, 2018 \$250 Regular Price	\$200 by Sept. 24, 2018 \$250 Regular Price	\$200 by Feb. 11, 2019 \$250 Regular Price	\$200 by May 20, 2019 \$250 Regular Price
<b>LOCATION</b>	Kellar School Gym 6413 N. Mount Hawley Road Peoria, IL 61614			
<b>REGISTRATION</b>	<a href="http://www.yogalearningadventures.com/professional-development.html">http://www.yogalearningadventures.com/professional-development.html</a>			
<b>CONTACT</b>	Angie Swearingian, Owner & Teacher Yoga Learning Adventures 309-453-8655 <a href="mailto:angie@yogalearningadventures.com">angie@yogalearningadventures.com</a>			

### 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.

### 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. Participate in a hands-on essential oil workshop. Benefit from deep relaxation practice at each class, which includes aromatherapy with essential oils. Learn from a veteran school teacher with extensive yoga training who has taught over 13,000 hours of yoga and mindfulness to kids and educators.

### CAN I GET CONTINUING EDUCATION CREDIT?

Ten professional clock hours will be issued by the Peoria Regional Office of Education upon completion. The fee is included.

### 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 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?

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?

Some 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 that will last a lifetime.

# YOGA & MINDFULNESS FOR EDUCATORS

## 10-Hour Social-Emotional Learning Professional Development Training

### 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](mailto:angie@yogalearningadventures.com), drop off in the Kellar office, or mail to Angie Swearingian, Kellar School, 6413 N. Mount Hawley Road, Peoria, IL 61614. 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](http://www.yogalearningadventures.com)

#### SELECT TRAINING:

- ☐ Thursdays, February 21, 28 & March 7, 14, 21, 2019  
☐ Monday-Friday, June 17-21, 2019

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Address (street, city, & 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. This information will help me to make the experience more comfortable for you.

Emergency Contact of someone who is available during our training:

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

