

YOGA LEARNING ADVENTURES

YOGA & MINDFULNESS FOR EDUCATORS

Simple and Practical Applications for the School Setting

| SUMMER 2020 ONLINE PROFESSIONAL DEVELOPMENT TRAININGS | | | |
|---|--|---|---|
| DATES & TIMES | Tuesdays, June 9, 23, 30 & July 7, 21 2020 10:00-11:00am | Thursdays, June 25, July 2, 9, 16, 23, 2020 9:30-10:30am | Monday-Friday, July 13-17, 2020 11:00am-12:00pm |
| INVESTMENT | \$200 by May 22, 2020 \$250 Regular Price | \$200 by June 5, 2020 \$250 Regular Price | \$200 by June 26, 2020 \$250 Regular Price |
| REGISTRATION | http://www.yogalearningadventures.com/professional-development.html | | |
| CONTACT | Angie Swearingian, Owner & Teacher Yoga Learning Adventures 309-453-8655 angie@yogalearningadventures.com | | |

A calm and focused class starts with the teacher. This 10-hour training is appropriate for preK-high school educators in all roles. It is a blended format, consisting of 5-hours of live Zoom discussions and 5-hours of homework assignments including pre-recorded videos, self-care, reading, and reflecting to do at your convenience prior to our meetings. Feel the personal benefits from guided relaxation, mindful movement, breath regulation, and mindful meditation, while you are learning how to implement these practices into your classroom or school setting. Receive a teacher's manual aligned to the Illinois SEL & PE standards to guide you through the classroom implementation process. No yoga or mindfulness experience necessary.

CAN I GET CONTINUING EDUCATION CREDIT?

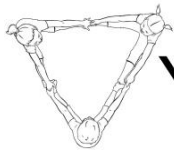
Ten professional clock hours will be issued to Illinois certified educators by the Peoria Regional Office of Education upon completion.

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.

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 calmer and more 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.



YOGA LEARNING ADVENTURES

10-HOUR YOGA & MINDFULNESS FOR EDUCATORS ONLINE REGISTRATION FORM

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DIRECTIONS: Fill out the registration form as thoroughly as possible. E-mail completed form to angie@yogalearningadventures.com 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 using PayPal or a credit card. You also have the option to register online: www.yogalearningadventures.com-development.html

SELECT TRAINING:

- SESSION I: Tuesdays, June 9, 23, 30, July 7, 21, 2020, 10:00-11:00am, \$200 by May 22/\$250 thereafter
- SESSION II: Thursdays, June 25, July 2, 9, 16, 23, 2020, 9:30-10:30am, \$200 by June 5/\$250 thereafter
- SESSION III: Monday-Friday, July 13-17, 2020, 11:00am-12:00pm, \$200 by June 26/\$250 thereafter

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? _____

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? _____