

YOGA LEARNING ADVENTURES

YOGA & MINDFULNESS FOR EARLY CHILDHOOD EDUCATORS (PREK-2ND)

Simple and Practical Applications for the School Setting

	ONLINE TRAINING SUMMER 2020
DATES & TIMES	Monday-Friday, June 15-19, 2020 11:00am-12:00pm
INVESTMENT	\$200 by May 29, 2020 \$250 Regular Price
LOCATION	Kellar School Gym 6413 N. Mount Hawley Road 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

DESCRIPTION OF TRAINING

A calm and focused class starts with the teacher. This 10-hour training is specialized for preK-2nd grade educators in all roles. Learn from a veteran primary school teacher who implemented a yoga and mindfulness curriculum into her kindergarten classroom and then school-wide in PE. Expect a blended format, consisting of 1-hour per day of live Zoom discussions and 1-hour per day 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 learning standards to guide you through the classroom implementation process. No yoga or mindfulness experience necessary.

CAN I GET CONTINUING EDUCATION CREDIT?

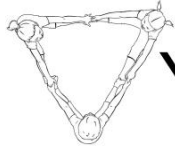
Ten professional clock hours will be issued to Illinois certified educators by the Peoria Regional Office of Education upon completion.

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.



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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:

- Monday-Friday, June 15-19, 2020, 11am-12pm

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 _____