



Savannah Yoga Center Presents:

6-day instructor training* K-8 CURRICULUM + TOOLS FOR *TEACHERS*

July 16-21, 2009

THIS TRAINING CERTIFIES YOU TO TEACH:

YOGA ED. K-8 CURRICULUM IN SCHOOLS AS PE.

- Teaches Fitness, Health and Life Skills through Yoga
- Taught in Schools Nationwide, Canada and Mexico
- Includes Lesson Plans, Teacher's Guide and Game book
- Nationally Recognized / Meets Physical Education Standards
- Addresses Multiple Intelligences / Three Developmental Levels

YOGA ED. TOOLS FOR TEACHERS TO CLASSROOM TEACHERS

- Simple Yoga Techniques Designed for the Classroom
- Teacher Endorsed as Proven Effective Class Management
- Enhances Health, Concentration, Relaxation, and Learning
- Taught throughout Los Angeles Schools as Professional Development

CURRICULUM MATERIALS INCLUDED:

- Yoga Ed. 36-week Curriculum / Teacher's Guide and Resources
- Yoga Ed. Tools For Teachers Training Handbook and Manual
- Yoga Ed. CD of music for classes

* PRE-REQUISITE: COMPLETION OF YOGA TEACHER TRAINING OR EQUIVALENT

If I don't have yoga teacher certification, what is considered an equivalent?

In many cases, physical education teachers and dance instructors with yoga experience will meet these requirements. To successfully complete our Instructor Training it is critical to have four skills:

1. Understanding of alignment in all poses
2. Ability to clearly instruct and safely make verbal corrections
3. Knowledge of hands-on adjustments
4. Some experience teaching or student teaching children.

In many cases, physical education teachers and dance instructors with yoga experience will meet these requirements. Also, we understand that there are a number of different yoga teacher trainings and certifications with varying lengths and titles. We are more concerned that a prospective registrant be able to meet the criteria outlined above than with the type of training or certification you may have completed.

Register at SavannahYoga.com or call (912) 232-2994

Training Schedule: Daily 8.30-5pm

Fees: \$800.00 + \$200.00 for Materials. (Early Registration by 5/15/09 \$700 + \$200)

Training Location: Savannah Yoga Center

1321 Bull Street (Corner of Bull & Anderson)

Yoga Ed: The Yoga Program for Schools!



JOANNE SPENCE is a registered yoga teacher, specializing in children's health and wellness. She has 15 years of social work experience and has been bringing the life-enhancing benefit of yoga to children for 8 years. Joanne is the Director of Yoga on the Square and is the Executive Director of Yoga in Schools (YIS), both based in Pittsburgh, Pennsylvania. YIS is a non-profit organization that instructs children and teachers in physical and emotional fitness through simple yoga-based poses and breathing.

ABOUT YOGA ED: Founded in 2002, Yoga Ed. is known throughout the education and yoga communities as The Yoga Program for Schools. Yoga Ed. develops health/wellness programs and materials that utilize the physiological, emotional and educational benefit of yoga and creative play, distributing them to children, teachers and parents throughout schools and communities nationwide.