



*March 27-28, 2010*

*10-5pm*

*Price*

*\$185 by 2/22*

*\$210 after 2/22*

*Register:*

*www.savannahyoga.com*

**Savannah Yoga Center**

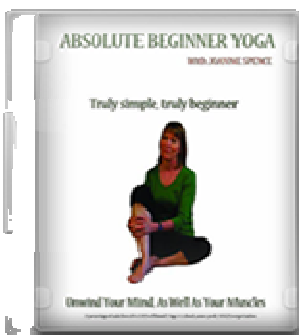
**1321 Bull Street**

**(912) 232-2994**

The Yoga Playgrounds Teacher Training & Certification Workshop is about discovering how to live your yoga in your professional and parental life. Learn fun and effective ways to share the many benefits that you have experienced through yoga with your students and children. Explore how to enliven your work and enhance your children's personal, social and academic health by integrating yoga practices into your daily routine.

- Tune more deeply into your own passions and creativity
- Cultivate a more sensitive listening for your students
- Align with yoga principles to hold a safe, supportive and empowering space
- Develop yoga life skills through engaging, experiential games and activities
- Nurture self-awareness, self-care, resilience and social harmony
- Use yoga to sustain well-being and teach healthy self-regulation

Open to all yoga practitioners who desire to share the benefits of yoga with kids - yoga teachers, parents, classroom/PE teachers, counselors and para-professionals



Joanne Spence is a social worker, yoga teacher, and an international speaker/trainer for health and empowerment through yoga. As the Director of Yoga on the Square, a beautiful, state-of-the-art yoga studio in Pittsburgh's East End she wrote, produced and is featured in the "Absolute Beginner Yoga" DVD. She is the founder and Executive Director of Yoga in Schools and trains teachers across the country in sustainable yoga programming. She also works part-time at Western Psychiatric Clinic & Institute bringing mind-body healing to her patients. Joanne does her best work with beginners – she loves introducing people to yoga and “proving” they can do it. .