



Bee You Kids Yoga Studio  
74 Main Street  
Manasquan, NJ 08736  
www.beeyouyoga.com



# TEACHER TRAINING

## LEVEL 2 - LEARN TO TEACH YOGA & MINDFULNESS TO TWEENS & TEENS

Saturday, February 22nd & Sunday, February 23rd, 2020

9:00am – 6:00pm both days

\$450 (EARLY BIRD PRICING \$400 before February 1, 2020)

Register at [www.beeyouyoga.com](http://www.beeyouyoga.com) (click on the teacher training tab)

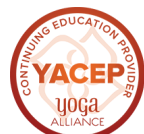
The Bee You Yoga Tweens & Teens Yoga & Mindfulness teacher training is perfect for anyone who works with pre-adolescent and adolescent youth. Even if you're already experienced in teaching yoga to tweens and teens, this course is a great way to add innovative and fun ideas into your classes, keeping them fresh and engaging.

Trainees will learn:

- The benefits of yoga for tweens and teens
- Creating yoga practices for tweens and teens which include yoga poses, partner poses and group poses
- Yoga music, games and activities suitable for tweens and teens
- Creating safe, engaging and age appropriate class sequences
- Creating a non-competitive, mindful class environment
- Introduction to breath work for tweens and teens
- Introduction to mindfulness & meditation practices
- Creating and executing your own lesson plans
- Classroom management skills
- Developmental considerations and cautions for tweens through teens
- Practice teaching to small groups
- Practical information (i.e. how to set up classes; obtaining your insurance, etc.)
- Business and marketing techniques
- Teen appropriate relaxation exercises, visualization and meditation techniques
- Games and activities that address teen issues such as self-esteem, body image, nutrition, stress, anger, and relationships
- Creative ways to build confidence, trust, teamwork, focus, concentration, and a sense of peace from within
- Helping teens identify negative thought patterns and replace negative self-talk with positive affirmations
- Breathing techniques to calm, energize, and balance the nervous system

**MAURA BRADLEY**, E-RYT, RCYT, YACEP, CMI

Maura is the owner/founder of **Bee You Kids Yoga, LLC** and **Bee You Kids Yoga Studio** located in Manasquan, NJ. Maura is a registered children's yoga teacher and a registered yoga teacher with Yoga Alliance as well as a certified mindfulness instructor with Mindful Schools. Maura has taught thousands of children in weekly classes, summer camps and in schools throughout NJ. Currently, Maura leads teacher trainings both in her studio and in local schools and continues to teach children in weekly classes.



Bee You Yoga, LLC is Yoga Alliance Registered Children's Yoga School  
Questions? Please contact Maura Bradley at (732)722-7133