



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



TEACHER TRAINING

LEVEL 3

YOGA & MINDFULNESS FOR STUDENT ATHLETES (SATURDAY)

YOGA & MINDFULNESS IN SCHOOLS (SUNDAY)

Saturday, March 14th & Sunday, March 15th, 2020

9:00am – 6:00pm both days

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

Register at www.beeyouyoga.com (click on the teacher training tab)

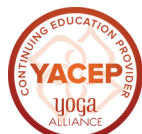
In this 2-day training, trainees will learn how to teach yoga & mindfulness to student athletes as well as how to bring yoga & mindfulness into schools.

Day 1 (Saturday) will focus on yoga & mindfulness for athletes. Trainees will learn: the proper poses and techniques for teaching yoga to student athletes, what is a mindful student athlete, why yoga & mindfulness is important for student athletes, tools for teaching visualization, tools for beginning a personal practice, lesson planning, practice teaching, supporting research for the importance of yoga & mindfulness for athletes, anxiety reduction tools, positive self talk and more.

Day 2 (Sunday) will focus on how and why we teach yoga & mindfulness in schools. Trainees will learn tools for beginning a personal practice, the history of yoga & mindfulness in schools, how & where it is currently being taught, research supporting yoga & mindfulness in schools, how to begin teaching yoga in schools, how to begin a school mindfulness program, class planning, curriculum development, benefits of yoga & mindfulness for kids, yoga games, mindfulness games and activities and more.

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