

LEARN TO TEACH YOGA & MINDFULNESS TO STUDENT ATHLETES

In this 1-day training, trainees will learn how to teach yoga & mindfulness to student athletes with a focus on breathing techniques that athletes can use in their daily lives.

Who should attend?

- Physical education and health education teachers
- Yoga teachers or children's yoga teachers wishing to offer a yoga program for tweens and teens
- School and/or family counselors
- Social workers
- Occupational therapists
- Physical therapists
- Pediatricians
- Parents and caregivers
- Child psychologists
- Camp counselors and recreation directors

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 mindfulness practice
- mindful tools for student athletes
- yoga & mindfulness lesson planning for student athletes
- practice teaching including trainer and peer feedback
- supporting research for the importance of yoga & mindfulness for athletes
- anxiety reduction tools
- positive self-talk and MORE!

A Bee You Yoga course certificate will be given to each participant if all sessions and the practice teaching session are successfully completed.

Your course registration includes a Bee You Yoga Kids Teacher Training Manual, access to a private Bee You Yoga teachers Facebook page and a course completion certificate.