

LEARN TO TEACH YOGA & MINDFULNESS IN SCHOOLS

This one day training will focus on how to teach and bring yoga and mindfulness into schools.

Who Should Attend?

Educators, school counselors, OTs, parents, school professionals and administrators interested in learning how to integrate yoga and mindfulness practices into their daily class schedule.

Trainees will learn:

- the history of yoga & mindfulness in schools
 - research supporting yoga & mindfulness in schools
 - tools for beginning a personal yoga & mindfulness practice
 - how to begin a school yoga & mindfulness program at the elementary, middle & high school levels
 - best practices for contacting school administration
 - yoga & mindfulness lesson planning for schools
 - practice teaching including trainer and peer feedback
 - curriculum development
 - benefits of yoga & mindfulness for kids
- yoga and mindfulness games and activities PLUS so much 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.