



Yoga Ed. Tools for Teachers Workshop & Materials Fees

2-Hour In-School Introduction: \$325

Teachers are introduced to using yoga-based activities to support and center themselves as well as create calm, focus, and optimal learning readiness in their classroom. Manuals are optional for this workshop.

1/2 Day In-School (4 hours): \$550

Instruction and practice in utilizing the four types of Yoga Tools - breath, postures, games and visualization, to create a brain-compatible, healthy classroom environment that boosts achievement by enhancing transitions, testing and class management. Manuals should be ordered to accompany this workshop (see below).

Full Day In-School (6 hours): \$700

This fun, healthful and comprehensive workshop trains teachers in the techniques from all 4 chapters of the Yoga Tools Manual. Participants gain understanding and confidence in integrating Yoga Tools into their daily classroom routine for mind-body wellness, responsible behavior and academic achievement. Manuals should be ordered to accompany this workshop (see below).

Tools for Teachers In-School Follow-Up Sessions: \$100 per hr.

Monthly, bi-monthly, or quarterly sessions of 1 hr. or more may be scheduled following the completion a 1/2 day or full day in-service Tools for Teachers Workshop. These helpful sessions serve to improve teacher confidence in utilizing the 4 types of Yoga Tools. Sessions will include a review of the Yoga Tools learned, introduction to new Yoga Tools, question and answer opportunities and much more. Follow-up sessions will be designed to address the specific needs of the teachers participating.

Tools for Teachers Manual: \$35 (25 or more: \$30)

Available to all 1/2 and full day workshop attendees. Designed to support and inform the implementation of Yoga Tools in the classroom, the Tools for Teachers Manual is a fully-illustrated reference to all of the content in the above in-services. Manual includes sample Yoga Tools sessions, a digest of research relating yoga's benefits to health and education, as well as directions for all games, poses, breathing exercises and visualizations. Also includes nutrition and health information as well as fun reproducible pages for students that connect using Yoga Tools to feeling good, eating well and staying healthy. Manuals must be pre-ordered at least 2 full weeks in advance of training date.

ChildLight Yoga's CD of Yoga Songs: \$12

Award-winning singer and children's musician, Sammie Haynes teams up with ChildLight Yoga to bring you 21 yoga songs for children, focused on movement, self-esteem, and just great listening. A combination of short and longer songs make this CD perfect for classroom use. Most appropriate for preschool – G6.

To schedule a Yoga Ed. workshop for your school staff, please contact:

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