

CLASSROOM YOGA BREAKS

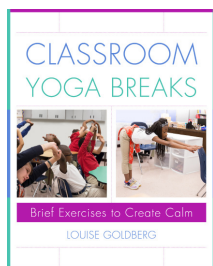


MODULE A/B

CREATING A PEACEFUL, RESILIENT COMMUNITY

with Louise Goldberg, MA, C-IAYT, ERYT 500

- Making your classroom a safe space
- Setting intentions and taking a stand
- Empathy and heart opening
- Community and bullying prevention



SUNDAY, MARCH 15, 2020

8:00 AM - 5:00 PM

\$165 includes textbook.

Yoga Center of Deerfield Beach
827 SE 9th Street, Deerfield Beach, FL 33441
info@yogacenterdb.com
Text or cell: 954-579-1604

BREATHE FIRST® Yoga Mindfulness Curriculum

For Educators, Yoga
Teachers, Counselors

- Learn to implement one-minute exercises or extended lessons, seated or standing.
- Curriculum includes movement
· breathing · focus · relaxation
· mindfulness · self-calming · discussion · creative expression
- Yoga promotes self-regulation, resilience, and executive function

Louise Goldberg is the founder of Creative Relaxation® and author of Yoga Therapy for Children with Autism and Special Needs.

This course is included in the 95-HR Children's Yoga Teacher Training at no additional cost, 500-HR Advanced RYT, or CEU's

For details on 95-HR Teacher Training, go to <http://yogacenterdb.com/workshops>

Classroom Yoga Breaks Module A/B (March 15, 2020) REGISTRATION FORM

or register online at www.classroomyogabreaks.com

NAME _____

PHONE _____

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