

CLASSROOM YOGA BREAKS

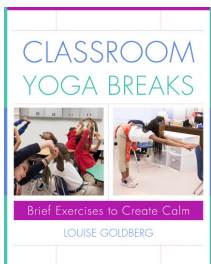


MODULE C/D

SOCIAL EMOTIONAL LEARNING, CHANGING BRAINS, AND CLASSROOM FUN

With Louise Goldberg, MA, C-IAYT, ERYT 500
~ with special guest teacher - Stephanie Trew

- Movement, breath, and learning
- Self-management and responsible decision-making
- Elevating self-esteem and creating trust
- Partnering, sharing, and having fun!



SUNDAY, MAY 17, 2020

8:00 AM - 5:00 PM

\$150 (bring your own 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.

8 Hours apply toward 95-HR Registered Children's Yoga Teacher Training, 500-HR Advanced RYT, or CEU's For details on 95-Hr teacher training, go to <https://yogacenterdb.com/teacher-training/>

Classroom Yoga Breaks Module C/D (May 17, 2020) REGISTRATION FORM

or register online at www.classroomyogabreaks.com

NAME _____

PHONE _____

ADDRESS _____

CELL _____

E-MAIL _____
