

Staff Development



Bringing yoga and mindfulness to your school is a simple way to make your students' lives healthier and happier, and your school climate more respectful, compassionate and peaceful. Help your students maintain focus and concentration, reduce stress, regulate their emotions and become more engaged in learning. Our staff development workshops give you tools to integrate yoga and mindfulness practices into your students lives. No yoga experience or special equipment necessary.

YOGA & MINDFULNESS TOOLS FOR TEACHER _____ **\$585 (75 minutes)**

Simple practices that can be easily integrated into the school day. Each 75 minute workshop gives you a new set of tools.

- Mindfulness 101: An Introduction
- Emotional Balance: Reducing Student Anxiety
- Focus: Practices to Support Increased Attention Capacity
- Chair Yoga: Movement Tools for Classrooms
- Mindful Classroom Management
- Breath Based Practices to Regulate Energy Level and Arousal
- Practices to Support Children and Adolescents with ADHD

SELF CARE FOR TEACHERS _____ **\$585 (75 minutes)**

Set Your Teachers Up For Success: When teachers feel better, students achieve more. Support teachers and school staff by giving them tools to reduce stress, exhaustion, frustration and burnout. No yoga experience (or mats) needed!

YOGA AND MINDFULNESS TOOLS FOR TEACHERS HALF DAY/FULL DAY _____ **\$1250/1750 (4 Hours)**

Help Students Access their Thoughtful Brain, Tune their Attention Muscle, and Engage: Gain insight into how the practices of yoga - movement, breathwork, mindfulness, and deep relaxation - impact a child's brain, and how you can harness this knowledge to help your students thrive. Learn practical activities that can be taught in the classroom with no mats.

THE COMPASSIONATE CLASSROOM _____ **\$1250 (4 Hours)**

Mindfulness Based Behavior Management Practices for Educators: Are you ever frustrated by the behavior of your students? Ever frustrated by your reaction to their behavior? Feel like you don't want to yell but don't know what else to do? Wish you could spend more time on content and less on classroom management? The Compassionate Classroom workshop will give you mindfulness based tools and techniques to keep your students engaged through cooperation rather than control. Avoid unnecessary conflict and power struggles with your students and you'll be amazed at how much time you can dedicate to learning.

CLASSROOM ESSENTIALS _____ **\$1,850 (4 Hours + Teaching Tools)**

Bring the powerful practices of Yoga and Mindfulness to your school in a simple, low cost, easy to implement format. Taught in-house by your own teachers, with no mats, right in their classrooms, this is a sustainable option for full school implementation of yoga and mindfulness practices. Through a combination of a professional development workshop, consultation, and high quality teaching resources (video and audio), we prepare your teachers to share a six week daily program, based on 15 minute activities, offering students the most essential experiences of the practice. At the end of those 6 weeks, the teacher will be prepared to use the activities as needed throughout the year.

FOLLOW UP SUPPORT

All workshops are offered with 30 minutes of follow up phone consultation to support implementation. Additional phone consultation services are available at a discounted rate of \$120 per hour.

STAFF YOGA AND MINDFULNESS CLASSES

Self care is an essential part of the work of teachers, and can contribute to a more positive school environment, greater staff retention, more staff collaboration and support, and in turn better outcomes for students. Yoga & Mindfulness classes for staff are offered at the same rates as student classes.