



Do You Want to Teach Yoga to Kids?

Learn fun, effective and **trauma-informed** ways to design and present yoga to children at home, school, studio and beyond. This training offers a template for how to map out class series and build individual lessons that transform yoga practices into playgrounds of self-discovery. Inspire and support kids in the development of important life skills such as mind-body awareness, connectedness to inner wisdom and resources, physical fitness, emotional stability, authentic self-confidence and the ability to internally self-regulate through the playful exploration of yoga themes such as breathing, alignment, focus, flexibility, kindness, teamwork, resilience, finesse and so much more.

Explore ...

- ★How to Teach from Your Own Passions
- ★How to Be Developmentally Appropriate
- ★How to Engage and Empower Children through Play
- ★How to Use Resources Creatively & Turn any Story into Movement
- ★How to Plan Classes that are Focused, Fun and Meaningful
- ★How to Hold a Safe and Powerful Learning Space

Includes the 16-week Yoga Power Curriculum for Pre K – Grade 5
by Leah Kalish, MA (revised and updated by Joanne Spence, MA)

MEDICAL DISCLAIMER

Our programs are educational experiences and are not to be mistaken for long-term therapy or cure. Some people may find some programs to be too psychologically or physically challenging. We recommend that you consult a physician or trusted counselor if you have any doubt.

What to bring: water bottle, notebook, pen/pencil, lunch healthy snacks and tea provided

Who Should Attend?

For yoga teachers or parents, classroom teachers, counselors and any para-professionals or care-givers with a regular yoga practice.

The Details

Dates: January 10-12, 2020, Pittsburgh

Times: Fri, Sat - 9-5pm, Sun - 9-3pm

Location: Urban Oasis Pittsburgh. Just a few blocks from Trader Joe's and Bakery Square.

Urban Oasis is at 6818 Simonton St, Pittsburgh, PA 15208 (Joanne's home studio)

Cost: \$650 or \$600 if registered one month prior to training + \$45 curriculum cost.

Accommodation: On-site accommodation available; B & B from \$35/night, shared room & bath.

Contact: Joanne: 412.287.4591 or email at info@yogainschools.org

Space is very limited.

Some Pittsburgh Hotel Options:

- Comfort Inn, Penn Hills (412) 244-1600
- Courtyard Marriott Bakery Square (412)362-8600 (walking distance from training)
- Quality Inn, Oakland (412) 683-6100

Yoga Playgrounds Registration Form

Please complete this page, sign and return with your payment to Joanne Spence, 6818 Simonton St, Pittsburgh, PA 15208. Call with any questions: 412.287.4591 or email info@yogainschools.org.

PLEASE PRINT CLEARLY - **Date of training you are registering for:**

Name				
Mailing Address				
Email Address				
Cell Phone		D.O. B:	Sex:	
Occupation				
If you are a teacher, what grade do you teach?				
Years of teaching experience?				
Is there currently yoga being taught at your school? Explain?				
Are you a certified yoga teacher?		If yes, what style of yoga?	If yes, how long have you been teaching?	
Where did you hear about this training?				
Tell us what brings you to this training?				
What would you like to get from this training?				
Payment Options Early Bird Price \$600 Regular Price \$650	To pay via Paypal, go to: http://www.yogainschools.org/index.php/programs/summer-intensives/		Check payable to Urban Oasis Pittsburgh and mail to 6818 Simonton St, Pittsburgh, Pa 15208	

CANCELLATION POLICY

Full refunds are available less a \$50 processing fee up to fourteen days before the training date. After this time, if you do not show up or if you leave early for any reason no refund will be given. We strive to program the highest quality training; no refund will be given if you attend a program and are dissatisfied with its presentation or content.

Urban Oasis Pittsburgh and Yoga in Schools reserves the right to cancel any program at any time.

I Agree _____ Date: _____