

# Welcome to the Yoga Ed® Instructor Training in Pittsburgh, PA

High School Training with Tools for Teachers: June 22-26, 2010

With Joanne Spence, certified Yoga Ed Trainer  
Executive Director, Yoga In Schools

At the Instructor Training you will learn to embody the Yoga Ed. philosophy and curriculum, be empowered by it, and excel at teaching Yoga Ed. in your community to both children and classroom teachers. Upon completion, you will be a part of the growing Yoga Ed community with access to support and resources. We are excited that you share our mission to bring the benefits of yoga to children, teachers and families through schools. We look forward to getting to know you!

This Transformational Training Qualifies You to Teach:

## **Yoga Ed Curriculum** in schools

- o Teaches Fitness, Health and Life Skills through Yoga
- o Includes Lesson Plans, Teacher's Guide and Game Book
- o Nationally Recognized / Meets Physical Education Standards
- o Addresses Multiple Intelligences / Three Developmental Levels

## **Yoga Ed Tools for Teachers** to classroom teachers

- o Simple Yoga Techniques Designed for the Classroom
- o Teacher Endorsed as Proven Effective Class Management
- o Enhances Health, Concentration, Relaxation, and Learning

Curriculum materials included:

- o Yoga Ed 36-week Curriculum / Teacher's Guide and Resources
- o Yoga Ed Tools for Teachers Training Handbook and Manual

### Schedule:

Tuesday through Friday:

8:30 am - 5:00 pm

12:45 - 1:30 pm lunch

Saturday:

8:30 am - 2:00 pm

**Drinks and snacks provided.**

**Bring a lunch,  
notebook and  
your yoga mat.**

Location:

### **Yoga on the Square**

1112 S. Braddock Ave  
Pittsburgh, PA 15218

**For registration information contact:**

Joanne Spence  
(412) 287-4591

[joanne@yogainschools.org](mailto:joanne@yogainschools.org)

# Training Registration Form

Training

High School and Tools for Teachers Training: June 22-26, 2010

**Registration Fee: \$750.00**

(If Registering Before 5/22/2010, \$700.00)

Today's date: \_\_\_\_\_  
\*required fields

\*First name \_\_\_\_\_ Last name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ \*Sex female male

\*ADDRESS: Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Country \_\_\_\_\_

\*If different, please write your MAILING address here:

\_\_\_\_\_  
\_\_\_\_\_

\*Phone \_\_\_\_\_ \*Email \_\_\_\_\_

\*To take either the K-8 or High School Instructor Training, you need to have completed a yoga teacher training or equivalent. Please tell us where you did your yoga teacher training or how you qualify for having the equivalent.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*Are you a Certified Yoga instructor yes no

\*Do you teach yoga 2 children yes no \*If so, where? \_\_\_\_\_

\*Occupation:

Classroom Teacher  P.E. Teacher  Administrator

Counselor  Parent  Other \_\_\_\_\_

\*School/organization \_\_\_\_\_

\*If you are a teacher, what grades do you teach?  
K      K-5      K-8      K-12  
6-8      6-12      9-12

How long have you been teaching?  
1-5 years      5-10 years      10-15 years      15+ years

\*Is there currently a yoga class at your school?  
Yes: as PE      Yes, after school      No

\*How did you hear about Yoga Ed? Describe.  
Search engine \_\_\_\_\_      Advertisement \_\_\_\_\_  
Print article \_\_\_\_\_      Yoga conference \_\_\_\_\_  
Yoga studio \_\_\_\_\_      Word of mouth \_\_\_\_\_  
other \_\_\_\_\_

*\*Tell us what brings you to Yoga Ed*

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**PAYMENT: Checks or Credit Card accepted**

CHECK **TOTAL** \_\_\_\_\_  
If paying by check, please include your phone number on the check.  
Make check payable to: Yoga on the Square.  
Indicate in the memo which training this refers to.

CREDIT CARD  
Card type \_\_\_\_\_  
Number \_\_\_\_\_ Exp. Date \_\_\_\_\_  
Name on card \_\_\_\_\_

**Please mail this form with payment to:**  
Joanne Spence 1112 S. Braddock Ave. Pittsburgh, PA 15218

## **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.**

## **CANCELLATION POLICY**

### **Refund**

**Full refunds are available less a \$50 processing fee up to fourteen days before your training or workshop.**

### **Credit**

**Nonrefundable credit toward a future Yoga Ed. training or workshop (less a \$50 processing fee) is available if you give notice no less than one day before an event. Credit may be applied to any Yoga Ed. training or workshop for one year following date of issue. No credit or refund is available if you cancel on the arrival day; if you do not show up; or if you leave an event early for any reason. We strive to program the highest quality instructors; no refund will be given if you attend a program and are dissatisfied with its presentation or content. Yoga Ed. reserves the right to cancel any program at any time.**

I Agree \_\_\_\_\_  
*Signature*

## Yoga Ed Instructor Training Recommended Reading List:

Read / Review one from each category before the course

### **Child Development:**

Any current and comprehensive textbook on development and/or health

The Developing Person through Childhood and Adolescence by Kathleen Berger and  
Ross Thompson

Health Skills for Wellness, New Teacher's Edition, Prentice-Hall, 1997

Health Framework for CA Public Schools, CA Dept. of Education, 1994

Physical Education Framework for CA Public Schools, CA Dept. of Education, 1994

Frames of Mind: The Theory of Multiple Intelligences by Howard Gardner

### **Teaching Yoga to Teens:**

Yoga, A Gem for Women by Geeta Iyengar

Contact: The Yoga of Relationship by Tara Lynda Guber

The Complete Idiot's Guide to Yoga with Kids by Jodi Komitor, MA and Eve Adamson

Yoga Education for Children by Swami Satyananda Saraswati

Everything You Need to Know about Yoga by Stephanie Iris Weiss

Yoga for Teens by Thia Luby

I love Yoga: A Source Book for Teens by Ellen Schwartz

Yoga for Teens DVD and Teaching Yoga to Teens Manual by Christy Brock

Yoga Chick, A Hip Guide to Everything Om by Bess Galanis

### **Visualization, Meditation, Affirmations:**

Just Say Om by Soren Gordhamer

Music, Mind and Imagery by Stephanie Merritt

The Hidden Messages in Water by Masaru Emoto

The Creative Journal for Teens by Lucia Capachione Ph. D.

### **Educational Philosophy:**

Tools for Engagement, Managing Emotional States for Learner Success by Eric Jensen

The Soul of Education by Rachael Kessler

The Three Faces of Mind by Elaine De Beauport

Life Strategies for Teens Book and Workbook by Jay McGraw

Relationship Driven Classroom Management by John Vitto

There is Nothing Wrong with You for Teens by Cheri Huber

The Four Agreements by Don Miguel Ruiz

### **Additional Recommendations:**

Fire in the Heart by Deepak Chopra

How to Use Yoga by Mira Mehta

Awakening the Child Heart by Carla Hannaford

Secrets of the Teenage Brain by Sheryl Feinstein

Spinning Inward by Maureen Murdock

The Autobiography of a Yogi. By Paramahansa Yogananda

The Way of the Peaceful Warrior by Dan Millman