

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

K-8 and Tools for Teachers Yoga Ed Training: July 6-11, 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 as PE

- 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 Sunday:
8:30 am - 5:00 pm
(until 2pm on Sunday)
12:30 - 1:30 pm lunch

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

Training Registration Form

(please check one or both)

K-8 Training with Tools for Teachers: July 6-11, 2010

Registration Fee: \$1000.00

(If Registering Before 6/6/2010, \$900.00)

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*

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