

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

K-8 Training: June 22-28, 2009

High School Training: August 10-14, 2009

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

Location:

Retreat Setting in an Urban Environment
928 William Penn Court
Pittsburgh PA 15221



***** HOUSING AVAILABLE *****

Private & shared accommodation available for up to 7 people;
rooms from \$65-\$90/night, including free lunch!
Please see accommodation form for more information.

Schedule:

K-8 Monday through Sunday:
8:30 am - 5:00 pm
12:30 - 1:30 pm lunch
Sunday training ends @ 2pm

HS Monday through Friday:
8:30 am - 4:30 pm
12:30 - 1:30 pm lunch

Bring a lunch, notebook and
your yoga mat.
Drinks and snacks provided.

For registration information contact:

Joanne Spence
(412) 287-4591
joanne@yogaonthesquare.net

Training Registration Form

Training: (please check one or both)

K-8 Training with Tools for Teachers: June 22-28, 2009

Registration Fee: \$1000.00

(If Registering Before 5/22/2009, \$900.00)

High School Training: August 10-14, 2009

Registration Fee: \$750.00

(If Registering Before 7/10/2009, \$700.00)

Please check to **reserve a room** at retreat (\$100 to reserve)

Specify room private single twin share triple share

Please check to request **NON-RESIDENT lunch** (\$60/week)

Today's date: _____

*required fields

*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? _____

*First name _____ Last name _____

Date of Birth ____/____/____ *female male

*ADDRESS: Street Address _____

City _____ State _____

Zip _____ Country _____

*If using a credit card for payment, please write your billing address here (if different to the above):

*Phone _____ *Email _____

*Occupation:

Classroom Teacher P.E. Teacher Administrator

Counselor Parent Other _____

*School/organization you are affiliated with _____

*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 _____

**Tell us what brings you to Yoga Ed*

PAYMENT: Checks or Credit Card accepted

Please TOTAL your amount: Training fee _____

Room reservation ~\$100 _____

Lunch (non-resident) ~\$60 _____

*vegetarian

TOTAL _____

You may include your CHECK with this registration.

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:

Yoga in Schools 928 William Penn Court Pittsburgh PA 15221

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

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

Accommodations



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 928 William Penn Court
 Pittsburgh, PA 15221

Shared accommodation available for up to 7 people.

Number of Rooms Available	Type of Room	*Daily Rate including 3 meals	Share Bathroom	Parking
2	Private - Single	\$90	Yes	Free
1	Twin Share	\$75	Yes	Free
1	Triple Share	\$65	Yes	Free

*Vegetarian options available with advance notice.
 Lunch for non-residents available, \$60 for the entire training.

The setting is just outside the Pittsburgh city-limits with easy access to Wholefoods, Trader Joes, The East End Food Coop. Just 10 minutes to the Monroeville Mall and Frick Park. The training is in a beautiful, 3600 sq foot, old stone home with 5 bedrooms and 4 bathrooms. It features an all glass yoga room and courtyard patio surrounded by trees. Live in and have all healthy meals provided or choice from several reasonably priced hotels within a 10/15minute drive. Space is limited so reserve your spot soon by sending \$100 non-refundable room deposit payable to Yoga on the Square and mail to the above address. Or Call Joanne Spence (412)287-4591 or email at joanne@yogaonthesquare.net.

Holiday Inn Parkway East (412)247-2700
 Radisson Monroeville (412)373-7300
 Court Yard Marriott Homestead (412)462-7301

