

Yoga Ed.TM

K-8 Program

36-Week Curriculum Designed for Schools

- 7-Day teacher training for qualified yoga or PE instructors
- Meets national and state PE standards
- Addresses multiple intelligences
- Enhances physical, mental and emotional fitness

Tools for TeachersTM

Yoga-Based Activities Designed for the Classroom

- Staff development workshops and school in-service training for teachers
- 10-15 minute breath, movement and visualization exercises
- No yoga experience, equipment or additional space needed
- Improves focus, concentration, learning readiness
- Effective behavior and class management techniques

To register for a K-8 Training, Tools for Teachers Workshop or School In-Service go to www.yogaed.com

For more information call 310.471.1742