

## STAFF DEVELOPMENT

*We LOVE kids yoga and want to share it with you! Yoga In My School provides engaging staff development workshops that teach easy to implement activities. Discover easy to implement tools to engage students in practices proven to improve attention, emotional regulation and overall classroom climate.*

*We deliver Tools you can use TODAY!*

### **MINDFUL ESSENTIALS** \_\_\_\_\_ \$350 (half day) OR \$600 (full day)

Learn how to integrate mindfulness into your own life and your work with youth. This workshop will provide practices to reduce stress, foster self regulation, increase focus, and cultivate executive functioning. Discover key age appropriate practices for students K-12 and explore ways to implement mindfulness into the school context. You'll come away refreshed and empowered with tools to connect mind and body.

### **TRAUMA INFORMED MINDFULNESS** \_\_\_\_\_ \$600 (full day)

Examine pivotal concepts to understand trauma, the impact it has upon the physical, mental and emotional body, and provide vital tools to create a safe, healing, empowered environment. Learn the essentials of trauma informed teaching, plus key mindful practices to assist in unlocking the body, befriending the inner experience and fostering positive response patterns.

### **5 SKILLS TO CALM KIDS** \_\_\_\_\_ \$200 (90 mins) OR \$350 (half day)

Discover indispensable calming techniques to reduce anxiety and stress in children. Each of the five skills of Breathe, Connect, Affirm, Move and Relax will be taught with multiple age appropriate practices to alleviate test anxiety, calm fears and empower students.

### **CLASSROOM YOGA BREAKS** \_\_\_\_\_ \$200 (90 mins) OR \$350 (half day)

Yoga is an ideal way for students to experience mindful movement to focus attention, reduce stress and foster self regulation. Learn simple and easy to implement classroom-based yoga practices. By implementing these strategies during transitions, after recess, before tests or any other time you feel the need, you and your students can enjoy the benefits of calm, attention and relaxation.

### **YOGA FOR SPECIAL NEEDS** \_\_\_\_\_ \$350 (half day) OR \$600 (full day)

Yoga is an effective adjunct therapy for children with ADHD, Autism, Down syndrome, Cerebral palsy and FASD. Acquire skills to meet special needs requirements and provide valuable proprioceptive and vestibular input necessary for development and learning. Includes a digital download manual.

### **CHAIR YOGA FOR THE CLASSROOM** \_\_\_\_\_ \$200 (90 mins)

This workshop includes a fun and challenging yoga routine using a basic chair. The techniques are great for space constraints found in classrooms and working at your desk. You will leave feeling refreshed and rejuvenated and have tons of ideas for yoga breaks to bring into your classroom.



*Yoga In My School is a Registered Children's Yoga School (RCYS) with Yoga Alliance and provides the highest quality professional training available. We are happy to discuss your organization's needs to bring peace, focus and calm to your students and staff.*

### What others are saying about our workshops:

*"Great content! Can see how to use this in my class. Presenter was amazing, clear, funny, engaging!"*

*"Very calming and fabulous ideas to take home."*

*"Very informative and helpful. I will be able to implement this in my PE Program."*

*"Thank you for the tips that realistically apply to elementary aged kids."*

*"Loved it! Couldn't believe the amazing workout I got without leaving my chair."*



Book early for best availability

Contact Donna Freeman

**780-903-6544**



# BECOME A KIDS YOGA INSTRUCTOR

*Change the world one child, one breath, one moment at a time. Share the gift of yoga. Enjoy a weekend of discovery and learning while having a blast with our hands-on, interactive workshops. Yoga In My School is a Registered Children's Yoga School (RCYS) with Yoga Alliance and offers the highest quality kids yoga training available. We believe teaching kids yoga is a serious business, however we don't take ourselves seriously and love to learn through play, no matter what the age. You'll have fun and come away inspired and empowered with valuable tips, tools and techniques. You can take one of these workshops or all four.*



## JOIN US FOR AN UPCOMING WORKSHOP

### TEACHING KIDS YOGA LEVEL 1

Spend a weekend immersed in the world of kids yoga with this fun, interactive and inspiring workshop. Teaching Kids Yoga Level 1 is a research-based foundational teacher training course, providing comprehensive education on how to effectively teach yoga to children 4-12 years of age.



### TEACHING KIDS YOGA LEVEL 2

Elevate your skills and extend your reach to include chakras, mudras, yoga in schools and the business of kids yoga. This comprehensive workshop enriches your understanding as you delve deep into child friendly yoga and mindfulness skills to help children be peaceful, positive and productive.



### YOGA FOR PRESCHOOLERS & SPECIAL NEEDS

Learn how to teach the youngest yogis as well as those with emotional and mental challenges techniques to control impulsivity and self-regulate. This experiential workshop will provide a foundation to promote the healthy development of the hearts, minds and bodies of individuals diagnosed with: ADHD, Autism, Down Syndrome, mild Cerebral Palsy and FASD.



### TEEN YOGA TEACHER TRAINING

Empower teens to discover themselves from the inside out, foster focus and concentration. By increasing strength and flexibility, teenagers learn to nurture themselves through positive practices and relaxation, and develop health and wellness habits that last a lifetime. This training addresses how yoga and mindfulness skills advance the physical, mental, social and emotional development of teenagers.



Visit our **EVENTS** page for all upcoming workshop dates and locations <https://yogainmyschool.com/events/>



### DONNA FREEMAN, B.ED, ERYT-500, RCYT, YACEP, YAA 600

Teacher, author and kids and teens yoga specialist, Donna Freeman has taught yoga to thousands of children. She firmly believes that yoga can be practiced anywhere, by anyone, at anytime. She is the founder of Yoga In My School and Kids Yoga Academy, two premier organizations which bring the benefits of yoga to children and professionals working with children. Her work bringing yoga and mindfulness to schools has been featured in the Wall Street Journal, Readers Digest and the National Kids Yoga Conference in Washington, DC.

