

Yoga for Children and Teachers in the Classroom

This workshop is designed for elementary school teachers wanting to incorporate yoga techniques into their classroom curriculum.

You will learn:

- Effective behavior and classroom management techniques
- Relaxation techniques for the teacher
- Simple 5-15 minute yoga base techniques to enhance health, behavior and learning
- Integrate yoga poses within the curriculum

Easy to apply in your classroom:

- Requires no extra space or equipment
- No yoga experience needed



Sponsored By:
Joy Lane Healing Center

Instructors:
Kathy Therrien, Certified Yoga
Instructor, Speech Pathologist
and Lynn Burton, Certified
Yoga Instructor

Where: Southern Maryland Higher Ed Center (Bldg 2, Center Hall)
44219 Airport Rd • California, MD 20619

When: Saturday, September 18, 2010 • 1:00 p.m. - 5:00 p.m.

Cost: \$30.00 per person • Make check payable to Joy Lane Healing
Center • Bring your yoga mat or one will be provided!

Register: Call (301) 737-2500, ext 300 • jtippett@mseanea.org
Pre-registration is required