

Yoga In The Classroom: Designing a user-friendly activity set for improving learner flexibility

Workshop Description: The evidence is in! Yoga works. Using poses, games, connector literature, and mindful breathing, students are calmer, more focused, and ready to learn. It can be overwhelming for even the most seasoned yogi/teacher to find the “just right” materials, design activities, and fit the right yoga in for the right situation. This workshop will help you develop your “go-to” yoga activity schedule to keep your students saying Ommmmmm instead of Ummmmmm!



About the Instructor: Shauna Jean, M.S. Ed., L-ABA, RYT-200. Shauna has worked in the field of special needs for over 20 years. She currently implements yoga within her Integrated Preschool classroom as well as her Social Skill groups at Pine Hill School in Sherborn, MA. She is a certified yoga instructor with Yoga Alliance and she teaches Vinyasa classes, Yin yoga, and Restorative classes at Tranquil Souls Studio in Franklin, USMMA in Bellingham as well as through the Yoga programs of the Hockomock League YMCA.

Audience: All K-5 Educators

Date & Time: Friday, July 21, 2017 from 8:30AM – 2:00PM

Location: TEC Professional Learning Center in E. Walpole

Cost: \$90 TEC Members / \$110 Non-TEC Members

Earn: 5 Hours of Participation

MA Educator Evaluation Strand and Indicator addressed by this workshop: **Indicator II-B** *Creates and maintains a safe and collaborative learning environment that motivates students to take academic risks, challenge themselves and claim ownership of their learning.*



To register: Go online to http://www.tec-coop.org/PDL_RegForm.html or complete this form and send, **along with a check or PO,**

to:

TEC Professional Development, 141 Mansion Drive, Suite 200, E. Walpole, MA 02032

Register me for “Yoga in the Classroom” on 7/21/17!

TEC Member District: \$90 Non-TEC Member District/Private School: \$110

Name: _____ School: _____

Home address: _____ Role: _____

City, state, zip code: _____ Address: _____

Email: _____ City, state, zip code: _____

Home phone: _____ Work phone: _____

Withdrawals: No credits/refunds will be given unless TEC is notified 10 business days before the first class. All payments processed upon receipt. There is a \$5 cancellation fee.