

THE YOGA PROGRAM FOR SCHOOLS



Embody Empower Excel

Instructor Training for High School*

This Transformational 5-day Training Qualifies You to Teach:

Yoga Ed. High School Curriculum in schools as PE

- Teaches Fitness, Health and Life Skills through Yoga
- Includes Lesson Plans, Teacher's Guide and Resources
- Nationally Recognized / Meets Health and PE Standards
- Addresses Multiple Intelligences and Adolescent Developmental Issues

Yoga Ed. Tools for Teachers to classroom teachers

- Simple Yoga Techniques Designed for the Classroom
- Teacher Endorsed Professional Development Training
- Proven Effective Class Management
- Enhances Health, Concentration, Relaxation, and Learning

Curriculum materials included:

- Yoga Ed. 36-week Curriculum / Teacher's Guide and Resources
- Yoga Ed. Tools for Teachers Training Handout and Manual

Training Held At:

Kundalini Yoga in the Loop
410 South Michigan Ave. Suite 501
Chicago, IL 60605 – (312) 922-4699

August 16-20, 2008

Saturday through Wednesday – 9 am to 5 pm

Bring a lunch, notebook and your yoga mat.

Cost of Training: \$650 by July 16

Late registration is \$100 higher

Register on-line at www.YogaEd.com or call (310) 471-1742

***PRE-REQUISITE: COMPLETION OF A YOGA TEACHER TRAINING OR EQUIVALENT EDUCATION.**