



# PROFESSIONAL DEVELOPMENT INFORMATION PACKET

2019/2020



## GENERAL INFORMATION

### About Yoga Ed.

Yoga Ed. is an educational company dedicated to changing education through the practice of yoga since 2001. Our mission is to empower school communities with yoga to cultivate health and wellness in children and teens. Through evidence-based Professional Institutes, Professional Development, and Educational Resources, Yoga Ed. equips educators with yoga tools to integrate yoga for children and teens into academic environments.

### Professional Development / Tools for Teachers

Yoga Ed.'s Professional Development is designed for educators, health professionals, and parents. Tailored to the academic environment, all yoga tool activities require no previous yoga experience, extra equipment, or space.

Yoga tools include breathing exercises, chair yoga postures, games, and relaxation.

Each Tools for Teachers workshop is customized to meet the unique school culture and specific needs of participants. To facilitate an optimal learning experience for your school, Yoga Ed. offers many options for workshop length and pricing, with the 6hour Workshop being our most popular option.

### Two Hour

This two hour workshop provides you with the basic principles and tools to integrate short yoga breaks into your classroom. You will learn simple yoga tools to promote students' physical, mental, and emotional health. Emphasis is placed on understanding how to effectively utilize yoga tools to support student learning and achievement.

From this workshop, you will emerge with the ability to recognize students' present needs and actively use yoga tools to shift them into learning-ready states.

Focus: All Ages / All Grades

Materials: Tools for Teachers Mini Manual

### Four Hour

This four hour workshop equips you with a broader variety of basic principles and tools to integrate short yoga breaks into your classroom. You will learn and practice yoga tools to effectively promote student health, learning, and achievement. This workshop will provide you with a deeper understanding of how to identify challenging times during your school day and successfully utilize yoga tools to shift your students into learning-ready states.

Focus: Childhood or Adolescent / Elementary or Middle & High School

Materials: Tools for Teachers Manual for Elementary School or Tools for Teachers Manual for Middle and High School



### Six Hour (most popular)

This six hour workshop empowers you with basic principles, tools, and practice teaching experiences to integrate short yoga breaks into your classroom. You will learn yoga tools to promote student health, learning, and achievement. Through interactive practice teaching and feedback activities, you will gain confidence in identifying challenging times during the school day and successfully utilizing yoga tools to shift your students into learning-ready states. You will graduate from this workshop with the understanding and confidence to empower your classroom with yoga tools.

Focus: Childhood or Adolescent / Elementary or Middle & High School

Materials: Tools for Teachers Manual for Elementary School or Tools for Teachers Manual for Middle and High School INCL 12 ready to use lesson plans!

### Professional Development Topics

- Goals and Benefits of Yoga in Academic Environments
- Learning Ready States and How to Access Them through Yoga
- Yoga as a Resource for Student Learning and Achievement
- Yoga as a Resource for Teacher Health and Wellness
- How Yoga Supports Social Emotional Learning and Brain Based Learning
- Yoga Tools: Breathing; Chair Yoga Postures; Games; Relaxation
- Lesson Plans for 5 to 15 Minute Yoga Breaks (6 hour workshop only)
- Research
- Resources

### Materials

Each Professional Development includes a Tools for Teachers manual that covers the following topics: Yoga Ed. learning principles, social emotional learning, brain based education, lesson planning, breathing, chair yoga poses, games, relaxation, and a resource guide.

## Why Work With Us

To learn with Yoga Ed. means to equip yourself and your students with yoga skills to build a strong platform for active learning in your classroom. As a Yoga Ed. student, you will benefit from our world class trainers, ongoing support after workshop, and learning how to make a lasting difference in your school.

### 1. World Class Trainers

Our trainers are highly skilled professionals who empower educators with tools and techniques to cultivate physical, emotional, cognitive, and social fitness in youth. With years of experience in the field of yoga education, our trainers are eager to share their knowledge and expertise with educators, yoga teachers, and parents in your community.



## 2. Ongoing Commitment To Our Graduates

Our work continues far beyond our workshops. We are deeply dedicated to the ongoing education of graduates of our programs and strive to support our graduates by offering professional support, teaching resources, and opportunities to connect with the broader Yoga Ed. network.

## 3. Making A Difference

Our programs empower schools worldwide to help children and teens build a lifetime of health and wellness through the practice of yoga. By taking a Yoga Ed. Professional Development workshop with us, you learn how to make a lasting difference in the lives of your students.

## PRICING

Please note that the pricing is a guide only! Please contact us with further details such as number of participants, focus (e.g. Primary/Secondary School/both), location to customise a program suitable to your budget and needs.

Duration	Included	Cost per person from	Cost p/P 20+ staff
2 hours	Mini Manual	\$75	From \$385 p/h
4 hours	Complete eManual incl. breathing and yoga exercises	\$110	
6 hours	Complete eManual PLUS 12 ready to use lesson plans and practical session on how to customise your own lesson plan	\$160	Please email
7 - 8 hours	Please inquire: Regina.Cruickshank@yogazeit.com.au		

## CONTACT

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