



Tools for Learning. Lessons for Life.

## Professional Development Workshop for Educators

- Integrate simple classroom friendly yoga and mindfulness tools into your class day supporting self-regulation and social and emotional learning skills
- Facilitate learning readiness, which can improve student achievement
- Cultivate well-being, resilience and a positive classroom climate
- Become a more effective educator as you practice these tools with your students

**"Yoga 4 Classrooms® is the missing link our schools need to bring all types of learners together, present, grounded and ready to learn!" – J. G., Educator**

**Our research demonstrates improvements in:**

- academic performance
- focus and attention
- stress management
- confidence
- social interaction



**January 29, 2016 9am-3:30pm**

**Flagstaff Family Resource Center  
4000 North Cummings Street  
Flagstaff, AZ 86004**

**Registration deadline: 7 days prior  
Contact: Rebecca Gitter, (301)346-3327**

This workshop is appropriate for all K-12 classroom teachers administrators, school counselors physical education teachers, health educators, therapists, paraprofessionals and other school professionals. **Absolutely no yoga experience required!**

**\$180 Tuition Includes:** 6hr. Workshop, Program Manual and Note-Taking Guide Downloads, Certificate of Completion  
**Recommended Resource:** Yoga 4 Classrooms® Card Deck can be purchased at amazon.com or on-site at the workshop

**Register online! [www.yoga4classrooms.com](http://www.yoga4classrooms.com) 603.343.4116**