

# Yoga Ed. Tools for Teachers Program

EMBODY ● EMPOWER ● EXCEL

## Simple yoga-based exercises designed for the classroom

- Activities that integrate and energize mind-body in 5-15 minute segments
- No yoga experience needed; user-friendly to all body types and sizes
- Requires no extra space or equipment
- Effective behavior and class management tool
- Enhance focus, concentration, creativity, communication and discipline
- Taught by certified Yoga Ed. Instructors in weekend workshops and staff development in-service programs.

### Yoga Ed. Tools for Teachers:

1. Breathing Exercises to de-stress, release tension, calm and balance the nervous system and to increase intellectual receptivity and well-being.
2. Yoga Poses that integrate, soothe and energize the body and mind, relieve stress, activate cognitive coordination and awareness, stimulate circulation and engage whole brain participation.
3. Games to energize and integrate mind and body, to release mental tension, to enhance focus and concentration through physical challenges, to have the joy of fun in a non-competitive way.
4. To enhance fitness and health and to develop teamwork skills and creative thinking. Time-In to completely relax and balance the mind-body, to rest and recharge, to activate creativity, to develop awareness and connection to one's inner life and resources, to integrate and process learning, to enhance the ability to visualize and to reduce stress.

**Yoga Tools Address The Crisis In Schools: physical fitness, ADD/ ADHD, reduces stress, improves attention span, concentration, achievement, and reduces incidences of bullying and violence.**

**YOGA = COST-EFFECTIVE ANTIDOTE TO STRESS by learning tools that can be used for life.**

**THE BENEFITS OF YOGA ARE BASED ON SCIENTIFIC RESEARCH.**

**THE SOCIAL BENEFITS OF YOGA:** non-competitive, everyone can do it, practical low cost preventative medicine by promoting physical, mental and emotional health and develops strength, flexibility, balance, attention and self-esteem.

**YOGA ED BENEFITS BOTH TEACHERS AND STUDENTS**