

yoga@school

Training Options

- **Experience** the impact of the practice
- **Commit** to its importance for self and students
- **Get** inspired to practice
- **Be** ready to teach

I. Full faculty training

Yoga-based techniques anyone can use in the classroom to optimize learning

1 hr. lecture
2 hr. workshop \$1,000.00

II. 36 hr. training for PE teachers

See details inside

Individual teacher rate \$1,200.00

Sportime Yoga Ed manual

\$100.00 for grades K-2 or 3-5

\$110.00 for grades 6-8 or 9-12

III. 200 hr. yoga teacher training

Registered with the Yoga Alliance

See details inside

Individual teacher rate \$3,500.00

Inquire about group discounts

For more information, contact:

Jane Rosen

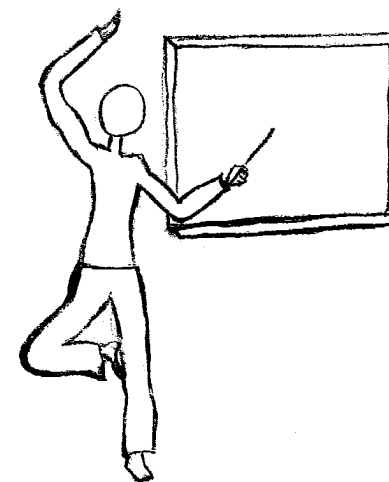
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yoga@school
workshops and
training
2009-2010

Registered with the Yoga Alliance
at the 200 hour level

yoga@school instructors

Deborah Cohen BA, M.Ed, Harvard U, M.APP, UPenn

Deborah taught high school English for eight years and has been teaching hatha yoga for twelve. She has been trained to teach various mindfulness curricula to children in school settings including the Karma Kids Yoga and Yoga Ed programs. She has run a 200 hr. hatha yoga teacher training school since 2002 and has led sections for Tal Ben-Shahar's Positive Psychology lecture course at Harvard University for two years. She is currently involved in several research studies measuring the impact of yoga programs on children in public schools.

Jane Rosen, PhD

Jane retired from a 36-year career in education in 2001. During those years, she was an elementary and middle school classroom teacher, university professor and researcher, curriculum writer, and school principal. She has taught hatha yoga for seven years, and is also a black belt teacher of the Nia Technique. She received training as a teacher of yoga and trainer of teachers through the YogaKids and Yoga Ed programs. Jane has facilitated in-school yoga classes for children in preschool through high school since 2002.

yoga@school 36 hr. PE teacher training

The Why

- Yoga philosophy basics and how yoga differs from other forms of exercise
- Physiology of the stress response, relaxation response and basic brain anatomy

The What

- Components and structure of a yoga class

The How

- How to create the experience of relaxation and skillful engagement
- Class management
- Techniques and resources

Practice Teaching

- Sun salutation
- Yoga poses
- Breathing practices
- Relaxation techniques

Teaching practicum

200 hr. training schedule & information

For teachers who want Yoga Alliance certification.

The training meets for ten months, the second weekend of each month, starting Sept 12-13, 2009. The exception is Oct. 17-18, when we meet a week later to avoid the Columbus Day holiday weekend. The final weekend is June 12-13. Weekend sessions meet from 10:00am to 1:00pm and from 2:00 to 5:00pm.

In addition, there are weekly classes on Tuesday evenings from 5:15 to 7:15pm.

The location is the Watertown Center for Healing Arts at 22 Mount Auburn St. in the heart of Watertown Sq.

Separate brochure available

For more information, contact:
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