



TOOLS FOR TEACHERS Workshop

Working with YOUTH



Summer Sessions

Please check www.chelsealovesyoga.com or www.kashiatlanta.org for dates

Location

Kashi Atlanta Urban Ashram
In Atlanta, Georgia

Fees

\$50 Registration
\$40 Early Bird
\$20 Materials

Register

www.chelsealovesyoga.com
or call 404-721-3079



With Chelsea A.
Jackson, MA, RYT

Yoga Ed. Tools for Teachers and Caregivers of Youth are:

- Yoga-Based Techniques for Self-Awareness, Self-Regulation, and Inner-Literacy (Self- Knowledge)
- Enhances Well-Being, Self-Care, Concentration and Social Interaction
- Develops Emotional Management Skills, Self-Control and Responsible Behavior

Tools for Teachers and Caregiver Youth Materials

Include:

- Lesson Plans
- Illustrated Poses and Practices

Training Information and Pre-Requisites:

- Yoga Teacher Training, regular yoga practice, or deep interest in developing yoga practice
- Experience teaching or working with youth
- Bring a yoga mat, notebook and lunch.

EMBODY

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EMPOWER

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EXCEL