

Yoga Ed's Tools for Teachers is a nationally recognized, cost effective program designed to improve and enhance student behavior, health and academic achievement. The Yoga Tools for Teachers training has been incorporated successfully into the Behavior and Class Management Curriculum of the LAUSD District Intern Teacher Certification Program and is a recommended Professional Development training by LAUSD's Nutrition Network.

Physical activity is a vital component of health and an important compliment to any nutrition education program. Yoga Ed. Tools for Teachers offers simple, yoga-based exercises and activities that enhance mind-body health, learning, responsible behavior and academic achievement. By giving students fun ways to move, stretch, unwind and center themselves, Yoga Tools support fitness, learning readiness and nutrition awareness.

## **SCHOOL IN-SERVICE MENU**

In this participatory workshop, teachers and/or students learn how to easily incorporate the four types of Yoga Tools into their daily schedule with simple five to fifteen minute exercises:

**BREATH   □   POSTURES   □   GAMES   □   VISUALIZATION**

### **2-Hour In-School Introduction**

**\$300**

*Teachers learn how to use yoga-based activities to support and center themselves as well as create calm, focus, and optimal learning readiness in their classroom.*

### **1/2 Day In-School (4 hours)**

**\$450**

*Instruction and practice in utilizing the four types of Yoga Tools - breath, postures, games and visualization, to create a brain-compatible, healthy classroom environment that boosts achievement by enhancing transitions, testing and class management.*

### **Full Day In-School**

**\$600**

*This fun, healthful and comprehensive workshop trains teachers in the techniques from all 4 chapters of the Yoga Tools Manual. Participants gain understanding and confidence in integrating Yoga Tools into their daily classroom routine for mind-body wellness, responsible behavior and academic achievement.*

### **Introductory Workshop at Student Assembly or Health Fair**

**\$300**

*A health based introduction to Yoga Tools for students that focuses on learning simple, fun yoga activities that they can use to de-stress, manage their feelings, focus and concentrate, energize, feel good and do their best!*

### **Tools for Teachers Manual**

**\$25**

*Designed to support and inform the implementation of Yoga Tools in the classroom, the Tools for Teachers Manual is an illustrated reference to all of the content in the above in-services. Manual includes sample Yoga Tools sessions, a digest of research*

*relating yoga's benefits to health and education , as well as directions for all games, poses, breathing exercises and visualizations.*

**Bulk Discount (25 or more) \$20**

**Yoga Ed. CD \$7**

*10 cuts of instrumental music to enhance the yoga tools experience – the perfect audio support for alert, relaxed receptivity and classroom focus and calm.*

**Nutrition and Yoga Tools Activity Booklet \$10**

*This supplement provides nutrition and health information for teachers as well as fun reproducible pages for students that connect using Yoga Tools to feeling good, eating well and staying healthy.*

**Manual with Activity Booklet \$30**

Bulk discount (25 or more) \$25

**Manual with Activity Booklet and CD \$35**

Bulk discount (25 or more) \$30