

# CLASSROOM YOGA BREAKS



## MODULE 2

*For Educators, Yoga Teachers, Counselors*

## YOGA FOR LEARNING READINESS

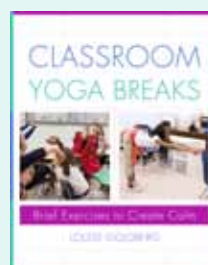
### Neuroscience Meets Yoga

- Learn to implement a new series of one to 5-minute exercises or extended lessons from the BREATHE FIRST Yoga-Mindfulness© curriculum. Each unit includes *movement · breathing · focused attention · relaxation · mindfulness · self-calming · discussion · creative expression*
- Benefits of movement for learning
- Empathy and community
- Self-regulation and academic success
- Yoga and executive function
- Having fun in the classroom

**SUNDAY, MARCH 12, 2017**

**8:00 AM - 5:00 PM**

with Louise Goldberg, MA, ERYT 500



\$150

Please bring your own copy of the textbook

Module 1 not required; modules may be taken in any order.

#### Yoga Center of Deerfield Beach

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Deerfield Beach, FL 33441

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Text or cell: 954-579-1604

8 hours apply toward 95-HR Registered Children's Yoga Teacher Training, 500-HR Advanced RYT, or CEU's

For details on 95-HR Teacher Training, go to <http://yogacenterdb.com/workshops>

Louise Goldberg is the founder of Creative Relaxation® and author of *Yoga Therapy for Children with Autism and Special Needs*.

### Classroom Yoga Breaks Module 2 (March 12, 2017) REGISTRATION FORM

or register online at [www.classroomyogabreaks.com](http://www.classroomyogabreaks.com)

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Please include this form with your payment and send to: Relaxation Now • PO Box 93-6123 • Margate, FL 33093