

District 2 Yoga in Schools Teacher Training Workshop

Don't miss this first training opportunity with Jenny Kierstead in NB to be one of the growing number of teachers bringing yoga to their classrooms.



This weekend workshop will provide teachers with module I; an introduction to Yoga 11, Special Needs and Yoga for Autism, with physical practice and experiential activities. These hours are part of the optional 200hr certification, which is required to teach Yoga 11 in Nova Scotia schools (graduates of the 200hr Teacher Training will be trained in all programs written by Jenny).

Testimonials

"This program created and lead by Jenny and Blair, has revitalized and prepared an inspired group to deliver the new PSP Yoga 11 curriculum. The joy and gratitude is palpable throughout the journey. This course has and will change many lives, having lasting effects within the education system." Sue Stevenson, Phys. Ed Consultant, NS

"Jenny and Blair take students on a journey of personal understanding which is a true gift of consciousness."
Karen Furneaux, 3x Olympian

"I had high expectations when I started and this program has far exceeded them." Caelin Nadin

This PD workshop will leave you feeling refreshed, renewed and inspired.

Facilitators:

Jenny Kierstead is a former Phys. Ed teacher and the founder of Breathing Space Yoga Studios. She was the contributing designer of the Yoga 11, co-author of Yoga for Autism and Special Needs. She created the Yoga Posters for Elementary and Secondary levels being published through Thompson Publications and has trained and mentored over 200 teachers who are introducing yoga to their schools.

Blair Abbass was the first teacher to bring Yoga 11 to the HRSB.
He is a contributing designer of the Yoga 11 curriculum in the area of meditation.

Details:

Date: Saturday and Sunday, Feb 25-26th, 2012

Time: 9:00 a.m. - 3:30p.m.

Location: West Riverview School, Riverview, NB

Fee: \$250.00 + HST

Contact: Blair Abbass (902) 444-YOGA info@BreathingSpaceYogaStudio.ca

or

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