

# yoga techniques for the classroom

Are you looking for a way to incorporate Yoga into your classroom? The new Yoga Techniques for

the Classroom Program includes both PowerPoint and Yoga Cards to help bring energy, balance, calmness and

relaxation to staff and students. This session includes yoga techniques, games, discussion, and brainstorming.

## Yoga Techniques for the classroom Workshop (For teachers)

- 45 minutes to 1 hour workshop
- Certified Yoga Instructor or Be Fit For Life Staff will lead the session
  - One set of Yoga Cards with links to other areas of the curriculum
- Five PowerPoint sequences presentations for Yoga Techniques Session for in the classroom (5 min, 10 min, 20 min, 30 min & entire deck sequences)
- If you have attended the workshop you can purchase additional Yoga Techniques for the Classroom Packages for \$45 each at the workshop only.

**\$200**

## Yoga Techniques for the classroom Workshop (Classroom session, one teacher)

- 45 minutes to 1 hour session with students and teacher
  - Certified Yoga Instructor or Be Fit For Life Staff will lead the session
  - One set of Yoga Cards with links to other areas of the curriculum
  - Five PowerPoint sequences presentations for Yoga Techniques Session for in the classroom (5 min, 10 min, 20 min, 30 min & entire deck sequences)

**\$100**

## Yoga Techniques for the classroom (Resource only)

- One set of Yoga Cards with links to other areas of the curriculum
- Five PowerPoint sequences presentations for Yoga Techniques Session for in the classroom (5 min, 10 min, 20 min, 30 min & entire deck sequences)

**\$75**



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