



YOGA^{ed.}

ONLINE TRAINING
**CHAIR YOGA &
MINDFUL PRACTICES
FOR TEENS**

INFORMATION PACKET



GENERAL INFORMATION

What if you and your students could learn simple practices that help them feel better at any time of the school day? A tool for when they feel stressed. Or overwhelmed. A tool for when they can't focus. We're here to help you do just this. With chair yoga, you will have a tool not only for any setting you work with teens, but also for any situation – **overwhelm, stress, anxiety, tiredness** – and for any outcome – **to build confidence, self-awareness, self-management, kindness, empathy.**

The teenage years are a critical period in our development where we are building habits that may be challenging to change in adulthood – habits of behavior and habits of mind. That's where chair yoga and mindful practices come in.

Chair yoga is the most effective, adaptable, flexible tool that you'll take with you in any setting where you work with teens, online and in-person. It works in the classroom as a brain break. In a counseling setting as a mental health resource. At home with your teen who could use a little practice to manage emotions.

Yoga Ed's "Chair Yoga and Mindful Practices for Teens" Online Course is designed for individuals who want to learn how to do this.

Over six weeks, this training provides you with simple, practical tools to support teenagers' **mental health and social-emotional learning** throughout the day, developing essential skills to last a lifetime. The tools shared in this course can be used during learning at home, in classroom environments, in counseling settings, and in therapeutic settings.

Focus: Ages 13 to 18 / Grades 6th to 12th

WHY CHAIR YOGA?

CHAIR YOGA IS SHORT.

These practices can be adapted to any time frame to quickly reduce stress and increase focus. Depending on how much time you have in your schedule, you can choose to share 3, 5, or 10 minute chair yoga mindful practices.

IT HAS PROVEN BENEFITS.

Think of mindful practices as a more focused cousin of yoga on the mat. As brain breaks, chair yoga mindful practices have a proven track record of improving cognitive function by boosting oxygen flow in the brain, improving learning retention, and supporting overall neurohealth.

NO EXTRA EQUIPMENT OR EXPERIENCE REQUIRED.

Who has time to clear a space, roll out yoga mats for you and your teens, and then get mindful in the middle of an already packed day? Maybe a lucky few, but the rest of us are working with limited time and space constraints. That's why we've taken all the benefits of yoga & mindfulness and translated them to the chair. Simply clear your desks, push your chairs back, and take a brain break with chair yoga mindful practices.



OBJECTIVES

- 1 Understand what is chair yoga and mindfulness
- 2 Know how yoga and mindfulness benefits teen's physical health, emotional wellness, mental health, and social relationships
- 3 Gain insight into the effects of yoga and mindfulness on brain development and the stress response
- 4 Embody the Yoga Ed. teaching philosophies, including behavior management and proactive classroom management strategies
- 5 Design and develop lesson plans appropriate to the age group you are teaching
- 6 Create yoga classes to meet standards
- 7 Safely adapt yoga breathing exercises, poses, brain breaks, and relaxation to the chair
- 8 Effectively implement yoga and mindfulness in the classroom to meet your students' needs
- 9 Teach chair yoga to teens ages 13 to 18, 6th through 12th grade

WHAT'S INVOLVED

The course is divided into 6 modules of lessons that you can watch in any order and as many times as you'd like. Modules include video lectures, interactive workbooks, downloadable lesson plans, reflection questions, and key teaching points for each grade group.

HOW IT WORKS

Our flexible online courses offer two options for completing the course material – self-guided for flexibility in consuming the course, or and instructor-guided for an engaging, interactive learning experience. You will have access to the course for 1 year.

	SELF-GUIDED COURSE (NO CERTIFICATE)	6-WEEK INSTRUCTOR- GUIDED COURSE (WITH CERTIFICATE)
6 online modules, with interactive video lectures, experiential exercises, reflection questions, and key teaching points for each age group	✓	✓
Downloadable 100-page color classroom guide (delivered digitally)	✓	✓
Interactive workbook with exercises for each week (delivered digitally)	✓	✓
Downloadable pre-made lesson plans (delivered digitally)	✓	✓
Access to online course for 1-year	✓	✓
6 weekly live check-ins for 1-hour with an instructor and other participants		✓
Instructor feedback on 2 lesson plan activities		✓
Instructor feedback on your final project		✓
Certificate upon completing course requirements		✓
Eligible for Continuing Education Units (CEUs)		✓
Access to private, global Facebook community group of Yoga Ed. training graduates, for ongoing peer guidance, support, and connections		✓
Cost	\$199	\$399

COURSE OVERVIEW

WEEK 1

This week we will introduce ourselves and review the course materials. We will also experience a chair yoga practice for teachers so we can start to get a feeling for the work.

WEEK 2

This week we will explore chair yoga and mindfulness. We will examine how yoga and mindfulness supports students' physical health, emotional wellness, mental health, and social relationships. We will also introduce how the brain develops and stress response occurs, and how mindfulness can influence these domains.

WEEK 3

This week we will introduce the fundamentals of lesson planning for a teen's chair yoga class, including how to create relevant lesson plans to the age group you are teaching and how to lesson plan to meet standards. We will also learn about the chair yoga tool belt.

WEEK 4

This week we will learn our yoga tools. We will practice teen's chair yoga breathing exercises, yoga poses, brain breaks, and relaxation. Lessons will be interspersed with the benefits of each tool, demonstrations, and tips to put what you learn into practice.

WEEK 5

This week we will dive into how to implement yoga and mindfulness into your classroom. We will examine optimal frequency, dosage, and how to get started. We will learn how to create a classroom action plan to support you in getting started.

COURSE OVERVIEW

(CONTINUED)

WEEK 6

This week we will explore the teaching philosophies that inform your work as a Yoga Educator. We will discuss the impact and importance of these philosophies for effective teaching. Topics include behavior management, positive behavior strategies, and creating a calm classroom.

REGISTRATION

Please visit yogaed.com/teacher-training/chair-yoga-teens/ to register.

HOW TO RECEIVE A CERTIFICATE FOR THE COURSE

To receive your certificate of completion, you must satisfy the following requirements and receive a final grade of $\geq 80\%$:

WATCH ALL VIDEO LESSONS WITHIN THE YOGA ED. ACADEMY



LESSON PLAN ACTIVITIES (30% OF FINAL GRADE)

Complete both activities for building lesson plans.



FINAL PROJECT (70% OF FINAL GRADE)

Complete and submit your final project. The final project requires you to film yourself teaching a yoga class to the teens you work with or on your own as if you were teaching to the teens you work with.

MEET YOUR FACILITATOR



DEEPALI PATEL

Deepali Patel has grown up with the practice of yoga as a lifestyle, and has studied and taught it regularly since 2013. She is a certified 500-hour yoga teacher, 95-hour children's yoga teacher, and Reiki practitioner, with a Master's degree in Elementary Education. Her life's work has been to teach and guide students of all ages to find peace and center between mind and body. Deepali embodies the belief that the benefits of yoga can be enjoyed by ALL, and teaches classes inclusive of all ages, abilities, and backgrounds.