

Youth Yoga Dharma announces:



# *Bringing Yoga & Mindfulness into The Classroom*

*with Cator Shachoy*

**Moksha Life Center, 405 Sansome St, 3<sup>rd</sup> Flr, San Francisco, CA 94111**  
**Saturday, January 21, 2012 10am-4pm**  
**Cost: \$85 (\$115 after December 20, 2011)**

This workshop is designed for educators, clinicians, youth providers, and others who wish to expand their skills for working with youth. No previous experience with Yoga or Mindfulness required. Yoga Teachers are eligible for CE's through Yoga Alliance.

This workshop will offer skills for bringing Yoga & Mindfulness into your work with youth. Mindfulness and Yoga are proven resources for decreasing stress and anxiety, increasing concentration, self-awareness, peace, calm, and joy – as well as being powerful tools for improving classroom management. Our time together will include practicing yoga stretches appropriate for different age groups of children, breathing exercises, mindfulness practices that kids enjoy, and time for discussion. You will learn tools that can easily be incorporated into a classroom situation, in just a few minutes a day. No previous experience with either practice is required. All skills presented are appropriate for a non-sectarian, school based environment.

**Youth Yoga Dharma** is a 501-c-3 non-profit organization dedicated to offering youth the skills of yoga & meditation in a variety of environments, emphasizing disadvantaged situations - [www.youthyogadharm.org](http://www.youthyogadharm.org). Founded in 2004, we offer programs on site in San Francisco public schools and youth organizations. In addition to our youth programs, we offer Mindfulness-based stress reduction for parents on welfare, and Educator Seminars for teachers, Administrators, and Therapists working with youth. Since our formation we have served over 30 youth organizations around the SF bay.

*To register: [www.youthyogadharm.org](http://www.youthyogadharm.org) / E: [info@youthyogadharm.org](mailto:info@youthyogadharm.org)*  
*Call (415) 235-9380*

\$50 deposit reservation. Full payment due by December 20 for reduced rate. No refunds after December 20, 2011.

**Cator Shachoy** began the practices of yoga, mindfulness meditation, and energy healing in 1990 as the result of chronic illness. Through the regular practice of these disciplines, she recovered her strength and vitality. Cator is an E-RYT 500 through Yoga Alliance, and completed yoga teacher training through both the Iyengar Yoga Inst. of SF & Kripalu Yoga Center. She was a Mindfulness-based Stress Reduction Intern at the Worcester Medical Center in Massachusetts, and a member of the Spirit Rock Teen Council. Cator is a certified practitioner of Visionary Craniosacral Bodywork through the Milne Institute. Cator has taught both adults and youth in SF since 1995. She is the founder of Youth Yoga Dharma, and has trained teachers since 2005.

