

Youth Yoga Dharma presents

**Bringing Yoga & Mindfulness into the Classroom:**

A workshop for Educators, Counselors & others who work with youth

*With Cator Shachoy, Founder of Youth Yoga Dharma, E-RYT 500, MBSR Teacher, Cranial Therapist.*

**Saturday & Sunday, February 20 & 21, 2010, 1-5pm**

**\$120 before Feb.1; \$150 after**

This workshop is open to anyone wishing to increase 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, 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.

**Youth Yoga Dharma** is a 501c-3 non-profit organization dedicated to offering youth the skills of yoga & meditation in a variety of environments, emphasizing disadvantaged situations. 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 25 youth organizations around the San Francisco Bay. [www.youthyogadharm.org](http://www.youthyogadharm.org)

About the instructor:

*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 completed yoga teacher training at the Iyengar Yoga Inst. of SF & Kripalu. She was a Mindfulness-based Stress Reduction Intern at the Worcester Medical Center in Massachusetts, and is a certified practitioner of Visionary Craniosacral Bodywork through the Milne Institute. Cator has taught both youth and adults in SF since 1996, is the lead teacher for Youth Yoga Dharma, and creator of the Youth Yoga Teacher Training & Youth Mindfulness Teacher Training programs.*