

Taming the Dragon:

Teaching Yoga & Mindfulness to Teens & At-Risk Youth

With Cator Shachoy, Founder of Youth Yoga Dharma

Saturday, December 13, 2008

2-5pm @.....Yoga Studio

\$60 before dec. 1; \$75 after

Every society has been challenged by their teenagers. Teens are the future of our culture – and yet adults and teens continue to struggle. The US has the highest teen suicide rate in the world, and California plans to build more Juvenile Hall Detention Centers. Something is definitely not right. How can we learn to be a part of the solution, rather than contribute to the problem?

Yoga & Mindfulness are positive disciplines that allow us to lead healthy, joyous, fruitful lives. Teens naturally respond to these powerful tools when they are presented skillfully. This workshop is for Yoga Teachers, Parents, Teachers, and others who work with Teens, and are familiar with yoga. We will explore how to share these disciplines in a positive manner that supports stress reduction, enthusiasm, & authenticity.

Cator Shachoy is the Founder of Youth Yoga Dharma – a 501c-3 non-profit organization dedicated to offering youth the skills of Yoga and Meditation –

www.youthyogadharm.org. She has taught yoga and meditation to youth & adults in many environments for over a decade – including a residential mental health facility, public and private schools, after school and independent youth programs serving homeless youth, immigrant populations, and Spirit Rock Meditation Center in Marin County.