



Wild Lotus Yoga Presents

Yoga Skills for Youth

Facilitators Training (Phase One)

Friday June 11th 10am-4:30pm

Saturday June 12th 3:30pm-7:30pm

Sunday June 13th 10am-4:30pm

Monday June 14th 10am-4:30pm



Learn to facilitate engaging, effective yoga classes for youth.

In this 20-hour experiential training course, you will learn:

- Developmentally appropriate teaching practices.
- Methods for organizing a harmonious class environment.
- Skills for building relationships with school communities.
- Ways of skillfully conducting democratic education.
- Techniques to guide youth in accessing their innate wisdom.
- Insightful processes to engage youth in peacemaking.
- Critical tactics for addressing issues of diversity.
- Systems for developing social and emotional wellness.

Participants will learn an organized system for creating curriculum to meet the unique needs of individual youth and youth groups.

This course will address how to effectively teach yoga to youth in relevant language.

For yoga teachers, school teachers, therapists, parents, and individuals interested in working with youth and school communities to make peace through yoga.



Abby Wills, MA, ERYT, shares more than twelve years of experience teaching youth and teachers in yoga studios and schools. She serves as Program Director for Shanti Generation, an organization she co-founded to bring the transformational practice of yoga to youth and school communities. Currently, Abby is on faculty at New Roads Middle School and The Walther School, pre-school. In addition to on-going exploration and practice of yogic systems, Abby's teachings are informed by graduate studies in Developmental Education at Pacific Oaks College. Most recently, Abby collaborated with WSR Creative to produce an innovative DVD program called Yoga Skills for Youth Peacemakers.

Cost is \$230. Please Pre-Register online at www.wildlotusyoga.com or by calling 899-0047.