

# PoserKids Educator Training I

February 16–18, 2017

Friday 4:00–7:00pm • Saturday and Sunday 12:30–7:00pm

## Course Location

High Desert Yoga, 4600 Copper Ave NE, Albuquerque NM 87108  
www.highdesertyoga.com • 505.232.9642

## Course Description

This training is designed for anyone that wishes to bring a structured mindfulness program based on stretching, breathing, meditation and creative arts to their children and families. The PoserKids Mindful Movement program integrates yoga movement with mindfulness practices in a creative, fresh, real and genuine way unlike any other youth wellness program. Our style of Edutainment is easy to integrate into any classroom or living room and our program makes yoga truly accessible and inclusive of any child, anytime, anywhere.

## Course Outline

Our level I Educator Training is a 15-hour course that will empower participants to learn & implement the PoserKids yoga sequence while providing best practices around lesson planning, classroom management and the infusion of creative style and flair to make mindful movement a valued part of your community of children and families. Participants will partake in guided yoga and meditation practice, instruction and discussion of yoga, clinical and early childhood development tenants of our program, lesson planning/class design, some written coursework, plus practice teaching and evaluation. We even provide a “kids yoga biz starter kit” for those wanting to teach classes at schools and studios as a full-time or part-time business endeavor in their community.

PoserKids is a comprehensive program that integrates physical fitness with language, music, art and humor all predicated on putting our core values, the Poser Promises, into action in our daily lives: to listen, be respectful do our best and have fun in all that we do, each and every day. That’s the yoga we teach: a way of being, a better way to live our lives.



## **Course Benefits**

Studies have shown, including clinical studies PoserKids has and will continue to be involved with directly, that yoga improves the behavior children, reduces stress, lessens disciplinary issues, increases self-esteem and self-control. Our trainings also deliver the same benefits to the grown-ups that become involved with our PoserKids community via this training. Training participants will learn techniques to promote self-health, relaxation, inner-fulfillment and coping mechanisms while reducing stress and anxiety, strategy and tactics that will be shared with your children. PoserKids encourages teamwork and compassion, enhances flexibility, strength, coordination and body awareness, improves concentration and focus while encouraging the use of imagination rather than impulse, learning to manage the reactivity of the modern digital era and develop interpersonal skills.

PoserKids is very passionate about making yoga more accessible to children with special needs and is currently heavily involved through grants and strategic partnerships in the healthcare arena to develop specialized adaptive curriculum, content and training.

## **PoserKids Community**

PoserKids supports Educator Training alumni with content throughout the school year including PoserKids Vids on YouTube, PoserKids Books on Amazon, PoserKids Music on iTunes, PoserPads yoga mats, plus PoserKids apparel and merch all year long. We provide access to continuing education in the form of additional trainings, a certification program, webinars, special events and access to the entire global PoserKids community of educators and parents, plus so much more to ensure that you are always supported in sharing our unique style of Edutainment and Mindful Movement with your community.

## **PoserKids Educator Certification**

Educators may choose to pursue the PoserKids Certified Educator training track. Completion of the PoserKids certification process includes completion of levels I & II educator training, plus level III practical work and teaching hours. Email [info@poserkids.com](mailto:info@poserkids.com) for more information.

## **Course Tuition**

\$499 tuition for this course includes full credit for 15 hour PoserKids Training I curriculum towards PoserKids certification process + 8 hours Continuing Professional Education CEUs (educators/clinicians) + free family yoga class & reception at conclusion of training for participant and their family members + official PK Educator Training t-shirt + daily snacks/refreshments + discount on future PoserKids trainings and events.

Register for this workshop at [www.highdesertyoga.com](http://www.highdesertyoga.com).

