

COMPLETE FOR FREE EVALUATION AND PRESENTATION

Workshops and Trainings for PE Teachers/Classroom Teachers Questionnaire

1. Are you a school administrator?
2. Are you a classroom teacher?
3. Are you a PE Teacher?
4. Are you responsible for children during recess or for physical fitness of any kind?
5. Do you want to include yoga in your PE curriculum?
6. Do you want to assist your students in achieving lifelong health and wellness?
7. Do you experience a high amount of stress during your work day?
8. Do you suffer from chronic tiredness? Or other physical ailments?
9. Would you like more tools to manage your own health and well-being during the day?
10. Could you use simple easy to use tools to calm and center yourself?
11. Could you use simple tools to help calm and center your students?
12. Are you stressed about FCAT performance?
13. Are your students stressed about FCAT performance?
14. Are you interested in learning simple ways to manage transitions?
15. Are you interested in learning simple effective tools to increase academic achievement regardless of the subject?
16. Are you tired of ending the day tired and drained?
17. Do you want fun and engaging ways to improve your own teaching readiness and the learning readiness of your students?

If you answered YES to three or more of these questions, please call me for a free consultation and fill out the below information so that I may get in touch with you.

For Teachers and Administrators Pre-School, Elementary School, Middle School and High School

Name

Title

School

Grades Served

Email

Address

phone

Thank you! I look forward to helping you achieve greater levels of ease, health, and performance in your school and classrooms.

Jill Rapperport

ERYT, Yoga Ed Trainer, Spiritual Life Coach

Yoga AT Schools

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