Welcome to the Yoga Ed. Instructor Training in Miami Florida

K-8 Training: June 11-16, 2012

High School Training: August 1-5, 2012

With Jill Rapperport, ERYT, Yoga Ed Trainer

At the Instructor Training you will learn to embody the Yoga Ed. philosophy and curriculum, be empowered by it, and excel at teaching Yoga Ed. in your community to both children and classroom teachers. Upon completion, you will be a part of the growing Yoga Ed. community with access to support and resources. We are excited that you share our mission to bring the benefits of yoga to children, teachers and families through schools. We look forward to getting to know you!

Schedule:

High School Training

Wednesday through Saturday:

9 am - 5:00 pm

12:45 - 1:30 pm lunch

Training ends by 4pm Sunday

K-8 Training

Monday through Saturday:

10 am - 6:00 pm

1 - 1:45 pm lunch

Training ends by 2pm Saturday

**Bring a lunch, water bottle notebook and your yoga mat.**

**Drinks and snacks provided.**

This Transformational Training Qualifies You to Teach:

Yoga Ed. Curriculum in schools as PE

o Teaches Fitness, Health and Life Skills through Yoga

o Includes Lesson Plans, Teacher’s Guide and Game Book

o Nationally Recognized / Meets Physical Education Standards

o Addresses Multiple Intelligences / Three Developmental Levels

Yoga Ed. Tools for Teachers to classroom teachers

o Simple Yoga Techniques Designed for the Classroom

o Teacher Endorsed as Proven Effective Class Management

o Enhances Health, Concentration, Relaxation, and Learning

Curriculum materials included:

o Yoga Ed. 36-week Curriculum / Teacher’s Guide and Resources

oYoga Ed. Tools for Teachers Training Handbook and Manual

**Location:**

**Soaring Eagle Yoga**

**7495 SW 55 Ave**

**Miami Fl 33143**

HOUSING Options within walking distance of studio l Holiday Inn Coral Gables University

[1350 South Dixie Highway Coral Gables , Florida 33146](http://www.holidayinn.com/hotels/us/en/coral-gables/miaum/hoteldetail/directions)



Hotel Front Desk: 1-305-667- 5611 Hotel Fax: 1-305-669-3153

Miami Best Hotel (budget) [www.thebestmiamihotel.com](http://www.thebestmiamihotel.com)

5959 Southwest 71st Street South Miami, FL 33143  
(305) 667-6664

**For more registration**

**information contact:**

Jill Rapperport

305-662-9642 (YOGA)

jill@soaringeagleyoga.com

**Yoga Ed Training Registration Form**

**Training: (please check one or both)**

[\_\_\_] K-8 Training with Tools for Teachers: June 11-16, 2012

**Registration Fee:** $1100.00  
(If Registering Before 5/25/2012, $950.00)

[\_\_\_] High School Training with Tools for Teachers: August 1-5

Registration Fee $850.00

(If Registering Before 7/1/2012, $750.00)

Today’s date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*required fields

\*To take either the K-8 or High School Instructor Training, you need to have completed a yoga teacher training or equivalent. Please tell us where you did your yoga teacher training or how you feel you may qualify for having the equivalent.

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\*Are you a Certified Yoga instructor \_\_**yes** \_\_**no**

\*Do you teach yoga to children \_\_**yes** \_\_**no** \*If so, where? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*First name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_ \*Sex \_\_**F**  \_\_**M**

\*ADDRESS: Street Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Country \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*If different, please write your MAILING Address here:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_ Classroom Teacher \_\_P.E. Teacher \_\_Administrator

\_\_Counselor \_\_Parent \_\_Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*School/organization \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you are a teacher, what grades do you teach?

\_\_K \_\_K-5 \_\_K-8 \_\_K-12

\_\_6-8 \_\_6-12 \_\_9-12

How long have you been teaching?

\_\_1-5 years \_\_5-10 years \_\_10-15 years \_\_15+ years

Is there currently a yoga class at your school?

\_\_Yes: as PE \_\_Yes, after school \_\_No

How did you hear about this training? ­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tell us what brings you to this training? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**PAYMENT: Checks, Pay Pal or Credit Card accepted**

Please TOTAL your amount: Training fee \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You may include your CHECK with this registration.

Make check payable to: Soaring Eagle Yoga.

Indicate in the memo which training this refers to.

**PayPal link on the website at www.SoaringEagleYoga.com**

CREDIT CARD Info

Card type (Visa, Discover or MasterCard) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Exp.Date\_\_\_\_\_\_\_\_\_\_

Name on card \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Billing Address and Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please mail this form with payment to:**

**Jill Rapperport**

**Soaring Eagle Yoga**

**7495 SW 55 Ave,**

**Miami FL 33143**

**MEDICAL DISCLAIMER**

**Our programs are educational experiences and are not to be mistaken for long-term therapy or cure. Some people may find some programs to be too psychologically or physically challenging. We recommend that you consult a physician or trusted counselor if you have any doubt.**

**CANCELLATION POLICY**

**Full refunds are available less a $50 processing fee up to fourteen days before the training date. After this time, if you do not show up or if you leave early for any reason no refund will be given. We strive to program the highest quality training; no refund will be given if you attend a program and are dissatisfied with its presentation or content.**

**Yoga Ed., Soaring Eagle Yoga and Yoga AT Schools reserves the right to cancel any program at any time.**

**[\_\_\_] I Agree \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Signature

**Suggested Reading List:**

Read / Review one from each category before the course

**Child Development:**

Any current and comprehensive textbook on development and/or health

The Developing Person through Childhood and Adolescence by Kathleen Berger & Ross Thompson

Health Skills for Wellness, New Teacher’s Edition, Prentice-Hall, 1997

The Way They Learn by Cynthia Tobias \*

**Teaching Yoga to Teens:**

Yoga, A Gem for Women by Geeta Iyengar

Contact: The Yoga of Relationship by Tara Lynda Guber

The Complete Idiot’s Guide to Yoga with Kids by Jodi Komitor, MA and Eve Adamson

Yoga Education for Children by Swami Satyananda Saraswati

Everything You Need to Know about Yoga by Stephanie Iris Weiss

Yoga for Teens by Thia Luby

I Love Yoga: A Source Book for Teens by Ellen Schwartz

Yoga for Teens DVD and Teaching Yoga to Teens Manual by Christy Brock

# Secrets of the Teenage Brain: Research-Based Strategies for Reaching and Teaching Today's

# Adolescents by [Sheryl G. Feinstein](http://www.amazon.com/s/ref=ntt_athr_dp_sr_1?_encoding=UTF8&sort=relevancerank&search-alias=books&field-author=Sheryl%20G.%20Feinstein) \*

**Visualization, Meditation, Affirmations:**

Just Say Om by Soren Gordhammer

Music, Mind and Imagery by Stephanie Merritt

Meditation for Wimps by Miriam Austin

*Natural Prozac*, Learning to Release Your Body’s Own Anti-Depressants by Joel Robertson \*

*Learned Optimism*, How to Change Your Mind and Your Life, Martin Seligman

**Educational Philosophy:**

Brain-Based Learning by Eric Jensen

Teaching with the Brain in Mind by Eric Jensen \*

*Impact Teaching*, Ideas and Strategies for Teachers to Maximize Student Learning by Rich Allen

Tools for Engagement, Managing Emotional States for Learner Success by Eric Jensen \*

Conscious Discipline, 7 Basic Skills for Brain Smart Classroom Management by Becky Bailey \*

Smart Moves – Why Learning Is Not All In Your Head by Carla Hannaford \*

*Spark*, The Revolutionary New Science of Exercise and The Brain by John Ratey \*

Life Strategies for Teens Book and Workbook by Jay McGraw

Relationship Driven Classroom Management by John Vitto

There is Nothing Wrong with You for Teens by Cheri Huber

The Four Agreements by Don Miguel Ruiz

**Additional Recommendations:**

Yoga for Emotional Balance by Bo Forbes\*

Overcoming Trauma Through Yoga: Reclaiming Your Body by David Emerson and Elizabeth Hopper

Yoga for Depression by Amy Weintraub

Breathe In, Breathe Out by Jeffrey Migdow and Jim Loehr \*

The Power of Full Engagement by Jim Loehr and Tony Schwartz \*

How to Use Yoga by Mira Mehta

Spinning Inward by Maureen Murdock

**\* My personal favorites**