



# Yoga 4 Classrooms Workshop

with Sally Delisle

**Tuesday, June 26, 2012      11am – 5pm**

**Lower Macungie Community Center**

**\$180.00/person**

***This is a one-day workshop that is offered for educators, school administrators, counselors, OT/PT, and speech therapists.***

The workshop introduces the benefits of yoga, mindfulness and health education and its application in the classroom environment. This fun, informative workshop will relax and inspire you, while preparing you to share the program with your students. The workshop utilizes the 230 page, fully-illustrated, full-color Yoga 4 Classrooms Teacher's Guide, ensuring the program is both easy to use and sustainable for long-term use. Y4C features 67 yoga and mindfulness-based activities, divided into six categories: Let's Breathe, At Your Desk, Stand Strong, Loosen Up, Imagination Vacation, and Be Well. The activities were specially chosen for their suitability for the typical classroom space. Y4C includes a mix of yoga postures, brain boosting movements, breath exercises and mindfulness activities.

(Please see website for further information: [www.yoga4classrooms.com](http://www.yoga4classrooms.com))

Lower Macungie Township Recreation/Programs is pleased to be offering the following:

**WHAT:      YOGA 4 CLASSROOMS WORKSHOP**  
**WHEN:      Tuesday, June 26<sup>th</sup>      11am-5pm**  
**WHERE:      Lower Macungie Community Center**  
**COST:      \$180.00 per person**

**REGISTRATION:** NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE & CELL#: \_\_\_\_\_

E-mail ADDRESS: \_\_\_\_\_

**Please make check payable to:** Lower Macungie Township, 3400 Brookside Road, Macungie, PA 18062  
ATTN: Community Center Class

**Register:** Lower Macungie Community Center ~ Monday-Friday ~ 8am-4:30pm

**Addition Information:** Please call 610-966-6924

**Cancellation Policy:** No refund for cancellation made two weeks (or less) from first date of class.



[www.lowermac.com](http://www.lowermac.com)

**FOR TOWNSHIP USE ONLY**

**PAID:** \_\_\_\_\_

**CASH:** \_\_\_\_\_      **CHECK:** \_\_\_\_\_