

Health & Physical Education

Reading Comes Alive with Yoga

Use yoga as a way to enhance your literacy program with students. Learn how to make a story come alive using yoga poses as students build sequencing skills and strong bodies. This is one of the fourteen elements of *YogaKids* which works to breathe life into learning.

Location: CNYTC
Date: **Monday: January 25, 2010**
Time: 4:30—6:30 (2 credit hours)
Audience: PreK-6, Therapists & Counselors
Presenter: Julie Daniel, Certified Trainer for *YogaKids*

Yoga for Children with Challenging Behaviors

Learn to apply some of the principles and practices of yoga as you address the stresses of children with challenging behaviors. Become familiar with the physical and mental health benefits of this ancient practice. Dress comfortably and bring a yoga mat or large towel.

Location: CNYTC
Date: **Monday: May 3, 2010**
Time: 4:30—6:30 (2 credit hours)
Audience: Psychologists, Counselors, Social Workers, Therapists & Classroom Teachers
Presenter: Julie Daniel, Certified Trainer for *YogaKids*

YogaKids Professional Study Group

Past participants in *YogaKids* training are invited to come together for an ongoing, in-depth exploration of the use of yoga in school. It will be an opportunity to ask questions, problem-solve and brainstorm effective teaching strategies and lessons. Dress comfortably and bring a yoga mat or large towel.

Prerequisite: *YogaKids* training
Location: CNYTC
Dates: **Mondays: March 8 & April 26, 2010**
Time: 4:30—6:30 (4 credit hours)
Audience: Past Participants of *YogaKids* training
Presenter: Julie Daniel, Certified Trainer for *YogaKids*

Save the Date...

Celebration of Educational Excellence

Co-sponsored by NYSUT & CNY Teaching Center



Are you curious about the professional development programs and resources available in central New York? Attend this showcase and view educational programs that were implemented in classrooms this year. Discover how teachers developed their program and evaluated the impact on student achievement. Talk with educational specialists in the area. Meet educators who have attained National Board Certification and learn more about the process. Find out more about the courses offered by NYSUT Education & Learning Trust program.

Location: CNYTC & NYSUT
Date: **Thursday, March 18, 2010**
Time: 4:30—6:30 (2 credit hours)
Audience: K-12 Educators, Administrators, & Legislators
Presenters: Educators in CNYTC consortium
Educational Specialists
National Board Certified Teachers
NYSUT Education & Learning Trust