

STREET YOGA

TEACHER TRAINING

The Street Yoga Teacher Training offers hands-on practice in teaching yoga and mindfulness to youth and families struggling with homelessness, poverty, abuse, addiction, trauma and psychiatric issues.

Learn about:

- * dimensions of youth at risk
- * benefits of yoga for young people
- * compact, portable mindfulness practices
- * appropriate boundaries and touch
- * yoga and trauma
- * age-specific info and much more...

WHEN. February 26-28, 2010

Friday 5:00 pm - 8:30 pm; Saturday 10:15 am - 6:15 pm; Sunday 12:15 pm - 4:45 pm

WHERE. Washington, D.C.

LOCATION. Yoga District

1830 1st Street NW, Washington, D.C. 20001
202-265-YOGA info@yogadistrict.com
www.yogadistrict.com

Sponsor: Yoga Activist

Please fill out an application & pay online at:
<http://streetyoga.org>

\$290

This program is approved for 14 Continuing Education Contact Hours by the National Association of Social Workers (Provider #886509118) and by Yoga Alliance; we have ERYT certified instructors.

YOGA DISTRICT



LIVE IN YOURSELF