

Course code ART.1.YOGA

Last update 28/12/21

## Course information

Title	Yoga and Meditation for Educators: Be a Great Teacher, Be Your Best Self
Concept by	<a href="#">Federica Di Bartolomeo</a>
Course URL	<a href="https://teacheracademy.eu/course/yoga-and-meditation/">teacheracademy.eu/course/yoga-and-meditation/</a>
N. of participants	Min. 4 - Max.14
Course length	One week (6 days, Monday - Saturday)
Language	English. Other languages may be available upon request
Locations and starting dates	<ul style="list-style-type: none"> <li>• <a href="#">Barcelona</a> - Fourth Monday of the month</li> <li>• <a href="#">Curaçao</a> - First Monday of the month</li> <li>• <a href="#">Dublin</a> - Third Monday of the month</li> <li>• <a href="#">Florence</a> - Third Monday of the month</li> </ul> <p>On request, we can organize this course directly at your school. Discover all the dates at <a href="https://teacheracademy.eu/courses-dates/">teacheracademy.eu/courses-dates/</a></p>
Free time activities offered	All courses include at least one city guided tour and one full-day Cultural Activity.
Type of certification awarded	Certificate of Attendance, including a description of the course contents (80% of attendance required); other Certificates may be available upon request
Price	Starting from 480€ *  * Our courses are eligible to be completely funded by the Erasmus+ KA1 funds and several other programs.

## Course contents

<b>Description</b>	<p>This course aims to familiarize educators with <b>Yoga practice</b> as a powerful tool for handling stress, improving their teaching skills, and increasing their physical, mental, and emotional health. While it is suitable for absolute beginners, it is also meant to be enjoyable for those who have already taken basic or intermediate yoga classes.</p> <p>By experiencing different yoga styles, and thus several poses, breathing and meditation techniques, throughout the course, participants will learn how these practices can enhance their ability to <b>maintain a favorable climate in their school community</b> and support resilience in and out of the classroom.</p> <p>Teachers will be also provided with the latest scientific evidence about the benefits of Mind-body interventions, especially in school environments. Finally, a part of the course will be dedicated to the <b>best practices</b> of introducing children and teens to yoga and meditation techniques.</p>
<b>Learning outcomes</b>	<ul style="list-style-type: none"><li>• Prevent the effects of stress in educators and develop healthy strategies of dealing with the daily work demand;</li><li>• Foster participants ability to relax;</li><li>• Learn the best practices to improve student’s emotional balance, through practical and experiential activities which can be adapted to any classroom;</li><li>• Favor students’ search for self-awareness and identity and thus to promote changes in brain areas associated with attention and decision-making;</li><li>• Learn about recent research findings in Education.</li></ul>

## Tentative schedule\*

<b>Day 1 – Course introduction &amp; intro to Yoga</b>	<b>Day 2 - Start your day off right</b>
<ul style="list-style-type: none"><li>• Introduction to the course, the school, and the external week activities;</li><li>• Icebreaker activities using drama for trust and ensemble building;</li><li>• Identification of needs and goals for each participant and relevant populations;</li><li>• Learning easy yoga exercises you can do on your own- anywhere, anytime;</li><li>• Yoga - an overview;</li><li>• Effects of stress in educational environments;</li><li>• Discussion and group activities;</li><li>• Presentations of the participants' schools.</li></ul>	<ul style="list-style-type: none"><li>• Gentle yoga sequence to start your day off the right way;</li><li>• The science of yoga: what research has proven and why it matters to you and your school discussion and group activities;</li><li>• Exercises for achieving deep relaxation.</li></ul>
<b>Day 3 - The science behind Yoga</b>	<b>Day 4 - Yoga and relaxation</b>
<ul style="list-style-type: none"><li>• Gentle yoga sequence to start your day off the right way;</li><li>• The science of yoga: what research has proven and why it matters to you and your school (part II);</li><li>• Yoga postures: a basic sequence;</li><li>• Guided meditation.</li></ul>	<ul style="list-style-type: none"><li>• Energizing Morning Yoga Routine;</li><li>• Yoga and meditation in the classroom: best practices for children;</li><li>• Breathing exercises;</li><li>• Yoga postures: a basic sequence;</li><li>• Guided meditation.</li></ul>
<b>Day 5 - Yoga for your students</b>	<b>Day 6 - Course closure &amp; Cultural activities</b>
<ul style="list-style-type: none"><li>• Energizing Morning Yoga Routine;</li><li>• Yoga and meditation in the classroom: best practices for teens Breathing exercises.</li></ul>	<ul style="list-style-type: none"><li>• Course evaluation: round up of acquired competences, feedback, and discussion;</li><li>• Awarding of the course Certificate of Attendance;</li><li>• Excursion and other external cultural activities.</li></ul>

\*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

## Links and resources

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- Self-paced online courses for teachers: [online.teacheracademy.eu](https://online.teacheracademy.eu)
- Online English Courses for Teachers: [online.teacheracademy.eu/tag/english-courses/](https://online.teacheracademy.eu/tag/english-courses/)
- The New 2021-2027 Erasmus+ Programme Made Easy: [online.teacheracademy.eu/course/erasmus-programme-2021-2027/](https://online.teacheracademy.eu/course/erasmus-programme-2021-2027/)
- CELTA Courses for teachers: [teacheracademy.eu/celta/](https://teacheracademy.eu/celta/)

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