

April 15th or April 24th

10-11:30AM

Writing Yoga[®]

The Path to Calm, Creative, & Compassionate Communities



What: Writing Yoga[®] addresses challenges faced by students, teachers and administrators while aligning with SEL, ELA, and Physical Education standards.

Why: When we are relaxed, we feel healthier, more focused, and can work better as a community. You don't need a mat or special clothes. Learn the three keys to relaxation, creativity and productivity from wherever you sit.

How: Teachers and administrators, learn simple yoga poses, writing prompts and mindfulness practices to improve focus, attention, empathy, and problem-solving skills.

Your instructor, Stephanie Lipsey, is a NYS certified school librarian, NYS certified 7-12 English Language Arts teacher, a nationally recognized Yoga Alliance Instructor and a Yoga Continuing Education Provider. She has studied yoga all over the world including Bali, Indonesia as well as with Deepak Chopra. Stephanie has created numerous programs and workshops and is the recipient of a fellowship from the Hemera Foundation to help bring mindfulness practices to schools.

Please register for this workshop on **MY LEARNING PLAN**.