

Title IV-E Collaborative Presents

Kids Yoga & Mindfulness Techniques for Navigating Challenges

Leanna Immel (RYT 200)

has been a dedicated student of yoga for over 7 years and has been teaching private and public classes to children and adults since 2014. As a public school teacher, and in addition to her 200-hour yoga certification, Leanna wanted bring the teachings of yoga alive for her young students. By attending the YogaKids Inc. Foundations and Mindful Educator trainings, she has been able to provide a nurturing practice to children in public and private settings for many years. Leanna maintains a current yoga education by studying with and from leading teachers in the fields of biomechanics, yoga & social justice, breathing practices, mindfulness & selfcompassion, and accessibility, among others.

Tuesday, March 10, 2020
10:00am-4:00pm

West Valley/ Campbell Community Center
1 W. Campbell Avenue, K-62
Campbell, CA

Learn practical body and mind-based tools to support children's mastery and resilience as they face the world. Improving physical, mental, emotional, and social health, these tools can help to empower our youth to be resilient, engaged, and healthy while minimizing the effects of stress, anxiety, depression and sleeplessness by developing inner resources and learning easy go-to techniques to transform their relationship to life's challenges.

*Please come in comfortable attire to practice yoga in.
No prior experience with yoga required.*

Eligible County Employees



For questions contact Staff Development & Training at

Rianna.Garcia01@ssa.sccgov.org

*Must obtain Supervisor approval prior

Eligible Non-County Employees

Register on-line @

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

For information contact:

t4e.collaborative@gmail.com