



An Intro to All Things Kids Yoga

Are you curious about what yoga and mindfulness look like for kids? Learn the most popular yoga poses for children aged 2-6 and how you can create 'yoga moments' for your classroom. You will leave this workshop with a deeper awareness of mindful movement and breathing practices that support *How Does Learning Happen? Ontario's Early Learning Pedagogy*.

Lisa Clarke is a Registered Yoga Teacher (RYT-200), Certified Children's and Family Yoga Teacher (CCYT) and Children's Book Author. She has been specializing in yoga and mindfulness for children and educators since 2015, and has developed laLa yoga and mindfulness programs to support the foundations in *How Does Learning Happen? Ontario's Pedagogy for the Early Years*. Lisa is a proud member of the Physical Literacy Champions Group in Peel, advocating for the understanding and development of physical literacy in the early years. Before becoming a yoga teacher, Lisa was the acting Supervisor of her family's child care centre Children's Choice Daycare in Brampton, Ontario. Her experiences within a child care setting, combined with her knowledge of physical literacy and mind-body practices has given laLa wellness a reputation for engaging, quality learning experiences for children and educators.

Registration Information

Saturday May 25, 2019

9:30 to 11:30 am

ECCDC Conference Room, 3340
Schmon Parkway, Thorold

\$45 includes materials
and nutrition break

To register, call 905.646.7311 ext.
304, email eccdc@eccdc.org or visit
www.eccdc.org