

Yogacize Curriculum Workshop

Instructor: [Connie Heagerty, CHT](#)

This introductory three-hour yogacize curriculum workshop is designed for preschool to second grade teachers and daycare providers. CEU credits available

Yogacize combines yoga poses, creative movement and creative drama with breathing, relaxation and visualization exercises in a fun and engaging format.

Stories, songs and poems are utilized to excite children's imagination as well as promote fitness. Yogacize is non-competitive and encourages creative expression. Benefits that may be seen are increased flexibility, improved balance and coordination, increased focusing skills, self-confidence and stress reduction.

This is a participatory workshop. Wear comfortable clothes and bring a yoga mat if you have one. A yogacize book and a children's meditation CD will be provided to each attendee at an additional charge.

Location: The Center, 1 Hoffman Street, Suite B, Auburn, NY

Date: Thursday, August 7, 2008

Time: 9:00 a.m. to Noon

Cost: \$60.00 plus \$35.00 materials fee

Pre-registration and advanced payment required. To Register Contact The Center at 315.704.0319 or email mah@TheCenter4Wellness.com.

www.TheCenter4Wellness.com

