

# Yogacize Curriculum Workshop

Instructor: **Connie Heagerty, CHT**

This introductory three-hour yogacize curriculum workshop is designed for preschool to second grade teachers.

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.

**The Center, 1 Hoffman Street, Suite B, Auburn, NY**

**Pre-registration and advanced payment required.**

**To Register Contact The Center at 315.704.0319 or email [mah@TheCenter4Wellness.com](mailto:mah@TheCenter4Wellness.com).**

**[www.TheCenter4Wellness.com](http://www.TheCenter4Wellness.com)**

