

COURSE TITLE

YOGA APPLIED TO CLASSROOM

Presentation

Yoga is an ancient technique, which has arrived to the present time to show us how to live in a better way, many teachers are being affected by an enormous amount of stress, this particular fact affect directly in the way they teach and their motivation inside the classroom.

During this course we will learn how to apply Yoga techniques to a classroom, how to breath in a particular situation, how to manage stress before assessments.

The **objectives** of the course are:

- To learn about how simple yoga exercises could improve motivation and attention inside the classroom.
- To identify causes of stress inside the classroom and outside of it.
- To Know about how ancient techniques are useful in daily situations.
- To be able to use different Breathing tools to manage stress.

Target group

The training course is addressed to primary and secondary school teachers, VET teachers, VET trainers, adults' teachers, managers and employees of enterprises as well as social and youth workers of non-profit organization and public entities.

Course language

This course can be provided both in English and Spanish.

Methodology

The methodology used in the course consists mostly on practical tasks with the teacher's explanation of specific contents related to the objectives of the course.

Constant feedback from the teacher will ensure that the concepts, tools and methods are acquired by all participants.

Course structure & contents

Day 1	<ul style="list-style-type: none">• Yoga techniques to break the ice, an overview of the course.• Development of the main theory related to yoga in a classroom.
Day 2	<ul style="list-style-type: none">• Importance of Pranayama (conscious breathing) in classroom.• Finding different breathing tools according to each student.
Day 3	<ul style="list-style-type: none">• How to apply relaxation to gain attention in students.• Yoga workshop 1.
Day 4	<ul style="list-style-type: none">• Postures and Poses inside the classroom (standing and with chairs)• Yoga workshop 2.
Day 5	<ul style="list-style-type: none">• Demonstration in a real situation of how Yoga is useful.• Handing out the Certificates of Participation.• Farewell dinner & Live music.

NOTE: This training course can be funded using Erasmus+ grants (under Key Action 1). In case you need help with the application process, please, let us know.