

Niroga Teacher Training: Teaching Yoga to Youth



NIROGA[®]

Oct 17 and 18, 2009

Saturday and Sunday, 10am to 3pm

Bring your lunch; snacks & drinks provided.

Location: Niroga Center

1808 University Ave., Berkeley

\$200 fee



For Yoga teachers who want a chance to
give back to the community.

Training will cover:

- Introduction to Niroga; Core values and objectives
- Teaching Yoga to at-risk and underserved individual families and communities
- Changing behavior through Yoga and breath-work
- Understanding and managing transference & counter-resistance
- Learning effective classroom communication in schools and juvenile hall settings



Yoga Corps™ Testimonials

This training is head and shoulders above anything else out there!

- James F, Yoga Instructor for IPP at San Quentin Prison

Every day I am seeing the transforming effects of the Healing Yoga Protocol in Juvenile Hall - it really works!

- Erin H, Niroga instructor at Alameda County Juvenile Hall

Niroga is pioneering new territory with therapeutic Yoga and its applications toward integral development.

- Evan S, Niroga instructor at Alameda County Juvenile Hall

For more information, call or email:

510.451.3004 • www.niroga.org • info@niroga.org

To register, go to http://www.niroga.org/events/register/registration_form.pdf