



Early Childhood Education Yoga

Training for preschool teachers
and anyone interested in teaching yoga to preschool-age children

Thursday, Feb. 28, 2019
9 a.m.–4 p.m.

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Presented by Heather Kamala (Early Childhood Teacher and International Yoga Kids Trainer) and Holly Hatton-Bowers (UNL Assistant Professor and Early Childhood Extension Specialist)



Children's yoga during early childhood can play an important role in helping young children learn self-regulation strategies, enhance their health and can make learning fun. After the training, participants will be able to:

- Define yoga and the purpose of children's yoga.
- Identify the benefits of children's yoga for health and well-being.
- Learn ways to incorporate children's yoga into an early childhood education program.
- Gain skills for practicing children's yoga.

Space is limited, so register early

Cost \$30 per person.
Six DHHS approved in-service hours.

Deadline to register:
Thursday, Feb. 21

Dress comfortably and be ready for activity.
Lunch will be on your own.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.



EARLY CHILDHOOD EDUCATION YOGA REGISTRATION

No refunds

Name of organization _____

Name of participant(s) _____

Address _____

City/State/Zip _____

Phone _____ Email _____

Include \$30 per person

• Cash or check payable to Nebraska Extension in Lancaster County — mail with this form to:
Attn Jaci Foged, Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln NE 68528
• Debit/credit card payment available for a fee — call 402-441-7180.