



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)



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

Deadline to register: Thursday, Feb. 21

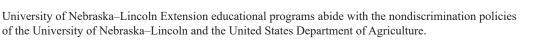
Dress comfortably and be ready for activity. Lunch will be on your own.



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.

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.





EARLY CHILDHOOD EDUCATION YOGA REGISTRATION

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Name of organization		
Name of participant(s)		
Address		
City/State/Zip		
Phone	Email	

Include \$30 per person