



**USING YOGA and ART  
TO SUPPORT and EMPOWER  
AT-RISK TEEN GIRLS**  
With The Art of Yoga Project



**WORKSHOP: SATURDAY and SUNDAY March 3-4, 2012 12:00 - 6:00 pm**

**Location: Yoga Tree Mission, 24 Shotwell Street (at 14th) San Francisco, CA 94103**

**PROGRAM COST:** \$ 195 *registration and payment postmarked on or before January 31<sup>st</sup> 2012*  
\$ 250 *registration and payment postmarked after January 31<sup>st</sup> 2012*

At The Art of Yoga Project we specialize in working with incarcerated teen girls offering trauma-informed and strength-based programming. This training is for yoga teachers who want to expand their knowledge in working with at-risk girls in their own communities, or with other organizations that work with this specific population.

Participants will learn about The Art of Yoga Project's integrated approach to teaching yoga in juvenile detention facilities, the value of integrating creative expression into yoga classes, and tips and techniques for understanding and effectively handling issues specific to teen girls.

*NOTE: Teaching opportunities with The Art of Yoga Project are not guaranteed upon completion.*

Course covers:

- The Art of Yoga Project's gender-responsive, strength-based and trauma-informed programming approach;
- How to effectively partner with juvenile facilities for integrated rehabilitation of female teen offenders;
- Issues facing teen girls and how they manifest in the classroom (such as eating disorders, substance abuse, trauma and other mental health disorders);
- Tips and techniques for teaching yoga to at-risk teen girls and how to effectively manage behavioral problems; and
- How and why to integrate art into yoga classes with girls and a sample lesson plan based on The Art of Yoga Project's *Yoga & Creative Arts Curriculum*.

Please bring a yoga mat, water bottle, notebook, pen and a bolster/meditation cushion for comfort.

***To register: Send your full name, mailing and email address with full payment to:***

***The Art of Yoga Project/Spring Training 2012, 555 Bryant Street #232, Palo Alto CA 94301***

*Limited space is available. Registration is on a first come first serve basis until class is full.*

*The Art of Yoga Project is a 501(c)(3) nonprofit organization dedicated to leading teen girls in the California Juvenile Justice System toward accountability - to themselves, to others and to their community. By providing practical tools to effect behavioral change, we aspire to be a nationally recognized method for the effective treatment of at-risk adolescent girls, particularly in the juvenile justice system.*