



USING YOGA AND ART TO SUPPORT AND EMPOWER AT-RISK TEEN GIRLS

WITH THE ART OF YOGA PROJECT

WORKSHOP: SATURDAY AND SUNDAY MARCH 26-27, 2011 12:00 - 6:00 PM

AT BALANCE CENTER 560 OXFORD AVE, PALO ALTO CA 94306 (650) 856-2000
WWW.BALANCECENTER.COM

PROGRAM COST: \$175 *registration and payment postmarked on or before January 31st*
\$225 *registration and payment postmarked after January 31st*

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 2011, 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.

BIOGRAPHIES:

Mary Lynn Fitton, Sarah Barnard, Catherine Killion, Courtney Woodrow and Shikha Prasad are multi-certified yoga teachers guiding at-risk teen girls through this challenging phase of life. Mary Lynn is the founder of The Art of Yoga Project and the current Director of Programs. Sarah Barnard is the Site Director at San Mateo's Margaret J. Kemp Camp for girls and Youth Services Center; Catherine Killion is the Site Director at the Muriel Wright Residential Center in San Jose. Courtney Woodrow is the Site Director for the program in San Francisco's Juvenile Justice Center and Shikha Prasad is the Aftercare Director for all program sites. Together, the five are enthusiastically engaged in The Art of Yoga Project program and working with at-risk teens in the California Juvenile Justice System. The Art of Yoga Project programs combine health education, character development, yoga, meditation, writing, and creative arts to guide girls toward accountability, empowerment and well-being.