



Teaching Yoga to at Risk Teen Girls With The Art of Yoga Project

Saturday and Sunday, February 7th and 8th, 2009



Located at  in San Mateo, CA (650) 343-YOGA www.nandiyoga.com

Cost for full weekend- \$ 130

Cost for one day: \$ 75

Saturday, February 7, noon - 6 p.m.

12-3:30: Gangs and Drugs

Tim Gatto, MA and Mary Tuiono

Presenting with former gang member, Mary Tuiono., Tim will cover:

- History of prison and street gangs
- Identifying gang members
- Reasons why people join gangs and how gangs make money
- Girls in gangs
- "Respect" and the gang members
- Gang Intervention Programs and how to get out of a gang

3:30-6pm: Trauma and Mental Health Disorders in At-risk Teen Girls

Toni DeMarco, MS, MFT Supervisor, Mental Health San Mateo County GIRLS Program

With an emphasis on trauma, Toni will cover co-occurring mental health issues facing at-risk teen girls with specifics on girls in the juvenile justice system.

Sunday, February 8, 9 a.m.- 4 p.m.

9-10:30: Bhakti Flow Level 2/3 Yoga class

by Nandi Staff

A rigorous flow class in a heated room for experienced yoga students well versed in the language of yoga and comfortable with a fast paced flow sequence. Class begins and ends with chanting.

11-2: Teaching Yoga to At-Risk Teen Girls

Courtney Woodrow, Rebecca Bara and Mary Lynn Fitton

Art of Yoga Project Program Directors from three local juvenile County facilities share their real-world knowledge in a hands-on interactive yoga experience. This session is a culmination and application of Saturday's teachings as we apply that learning in various role play situations.

2-4: Prenatal Yoga Refresher with Pat Statsky

Pat Statsky

Reminding us of the possibilities, needs and limitations of pregnancy, Pat will demonstrate clear guidelines for this teen population. Asanas, breathing and restorative poses that are appropriate will be explained or revisited.

Biographies:

Nandi Yoga is a yoga tranquil studio in the heart of San Mateo. People of all ages and abilities practice yoga in an earth-friendly environment, supported by nurturing, experienced teachers and fellow practitioners. Nandi Yoga offers a wide range of daily classes in diverse styles for adults, children, and families. Whether you are new to yoga or have an advanced practice, we encourage you to join the community. For more info, please visit www.nandiyoga.com.

Tim Gatto, MA has been a probation officer for over 30 years and is currently Supervisor of the San Mateo County Gang Intelligence & Investigation Unit. Designated as an “expert” for the Criminal Court of San Mateo County, he has extensive experience with local and national gang education including ongoing gang presentations to elected officials, school administrators and civic organizations. Officer Gatto presented at the Attorney General’s Gang and Organized Crime Conference and is known for initiating a Juvenile Anti-Gang Mentoring Program.

Toni DeMarco, MS, MFT has worked in both the non-profit and county services areas for over 22 years, with a focus on youth at risk, and women’s issues. During that time she has developed and supervised programs which included youth suicide outreach, drug and alcohol treatment, crisis response and shelter, family treatment, gender and sexual orientation specific services, child abuse response, services for youth in the Juvenile Probation system, and Permaculture/Horticultural Therapy. She has worked in private practice with a focus on abuse recovery with both teens and adults, and has taught at several colleges and universities in the Bay Area.

Mary Lynn Fitton, Rebecca Bara and Courtney Woodrow 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 Site Director at San Mateo’s Margret J. Kemp Camp for girls. Rebecca Bara is the Site Director for the Muriel Wright Center in Santa Clara and Courtney Woodrow is the Site Director for the program in San Francisco’s Juvenile Justice Center. Together, the three are enthusiastically engaged in the Yoga and Creative Arts Curriculum in their various counties. This Curriculum is the cornerstone of AYP-- an 18-24 week course that combines health education, character development, yoga, meditation, writing, and creative arts to guide girls toward empowerment and well-being.

Pat Statsky has been on the yoga path since 1968 when she met Sri Swami Satchidananda, who awakened in her a deep love of the teachings of yoga. She is certified in the Synergy tradition - a blend of Sivananda, Integral Hatha, and Bikram styles of yoga. She also has certifications in Restorative Yoga, Pre-Natal Yoga, and teacher trainings in Swaroopa Yoga, Iyengar Yoga and a Siddha Yoga Kundalini initiation. Pat is also a certified Doula (Birth Partner) and has extensive training in the Energetic Healing arts, is a Reiki Master and an Embodiment Yoga Therapist. Pat has been an integral part of the teacher training program at Avalon Yoga, offering prenatal instruction for many years.

