



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

WITH THE ART OF YOGA PROJECT

WORKSHOP: SATURDAY AND SUNDAY MAY 1 - 2, 2010 12:00 - 6:00 PM

AT ENSO, 131 KELLY AVENUE, HALF MOON BAY, CA, 94019 (650) 726-1409

PROGRAM COST: \$ 125 *registration and payment postmarked on or before March 31st*
\$ 175 *registration and payment postmarked after March 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, how to integrate 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;
- 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.

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 2010, 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 lead 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 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 the current Director of Programs. Sarah Barnard is the Site Director at San Mateo's Margret J. Kemp Camp for girls 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 program and working with at-risk teens in the California Juvenile Justice System. This Curriculum is the cornerstone of The Art of Yoga Project – a course that combines health education, character development, yoga, meditation, writing, and creative arts to guide girls toward empowerment and well-being.*

Lisa Danylchuk is the After Care and Research Director for The Art of Yoga Project. *She comes to The Art of Yoga Project with a love of yoga and a passion for serving young people at risk. She has worked in rehabilitative settings including group homes, juvenile probation programs, public schools, therapeutic schools and non profit organizations and has always advocated for the integration of yoga into treatment services for youth at risk. She received her Masters in Education in 2006 from the Harvard Graduate School of Education and received a Certificate of Advanced Study for her studies of adolescent adjustment counseling the following year. She has been an avid yogi for the past ten years and has been teaching for eight.*