



**Become certified in Sheltered Yoga's Core Curriculum©
Sponsored by Lululemon Athletica**

EXPENSE ITEMS	COST
Full Certification	\$895
Full Certification with 15 volunteer hours	\$695
Certification comes with manual, materials, and support.	



Sheltered Yoga's Core Curriculum© Training is an engaging, innovative platform that brings a trauma-informed, evidence-based curriculum, with the goals of raising self-esteem, self-worth, self-confidence and hope to individuals and communities.

Location and Date

Architect Studios: 4 Lackawanna Plaza, Montclair, NJ 07042
Saturday and Sunday, July 22-23, 2017 from 1-7pm

In this Training

- Earn a Sheltered Yoga Curriculum Certification© that says you are trauma, culturally, and situationally informed as well as familiar with the techniques and psychology of simple yoga postures along with mindfulness and meditation training
- Have opportunity for teacher placement at a facility that best fits your interests and style

Who is the Teacher Training/Certification for?

- Individuals working with children and adults living in high risk and/or poverty stricken areas
- Individuals working with children or adults living with trauma, anxiety, depression, stress, low self-esteem, and issues with self-regulation, behavior, and self-awareness and control
- Yoga instructors, **non-yoga instructors**, moms/dads (guardians) and teachers that need proven ways to engage their kids/students

For more information:

Email: tina@shelteredyoga.org

Visit: <https://shelteredyoga.org/our-programs/curriculum-certification/>

Video link:

Peer Review of Sheltered Yoga Curriculum

<https://vimeo.com/177569170>

Radio Link:

Trenton 365 radio one hour interview

<https://soundcloud.com/trenton365/tina-lemar-of-sheltered-yoga>

" Sheltered Yoga is a unique and successful curriculum that embraces all ages. Participants learn about ways their brain works, how breathing affects their bodies, memory and interpretation along with a variety of social behaviors and reactions. "

– Stacy Santiago, Associate Vice President, Center for Family Services, NJ

"I have seen a positive impact on my students because of their participation in Sheltered Yoga's programming. Several of their parents have commented that their children are also bringing their knowledge home."

– Kathleen Asta, Kindergarten teacher at Gesu School, Phila. PA

"Learning the Sheltered Yoga curriculum has given me a new understanding of trauma, how it can be triggered, and how it is expressed. The care and attention that has gone into the lessons is impressive. it is a curriculum that is engaging for both children and adults and can be taught in a variety of settings, including a classroom, workplace, or as part of a community program. Whether working with groups or individuals, I highly recommend this program."

– Meredith R. (Certified SY Curriculum Teacher)

The Sheltered Yoga curriculum helps the students grow mentally and physically, helping them integrate what they learn into better life choices and a healthier lifestyle. The curriculum offers the students a safe place to explore their thoughts, grow their confidence & hope, and challenge their body and mind with postures and relaxation techniques."

– Tina I. (Certified Yoga Instructor & Sheltered Yoga Curriculum Teacher)