

SHELTERED YOGA

Core Curriculum© Certification Training



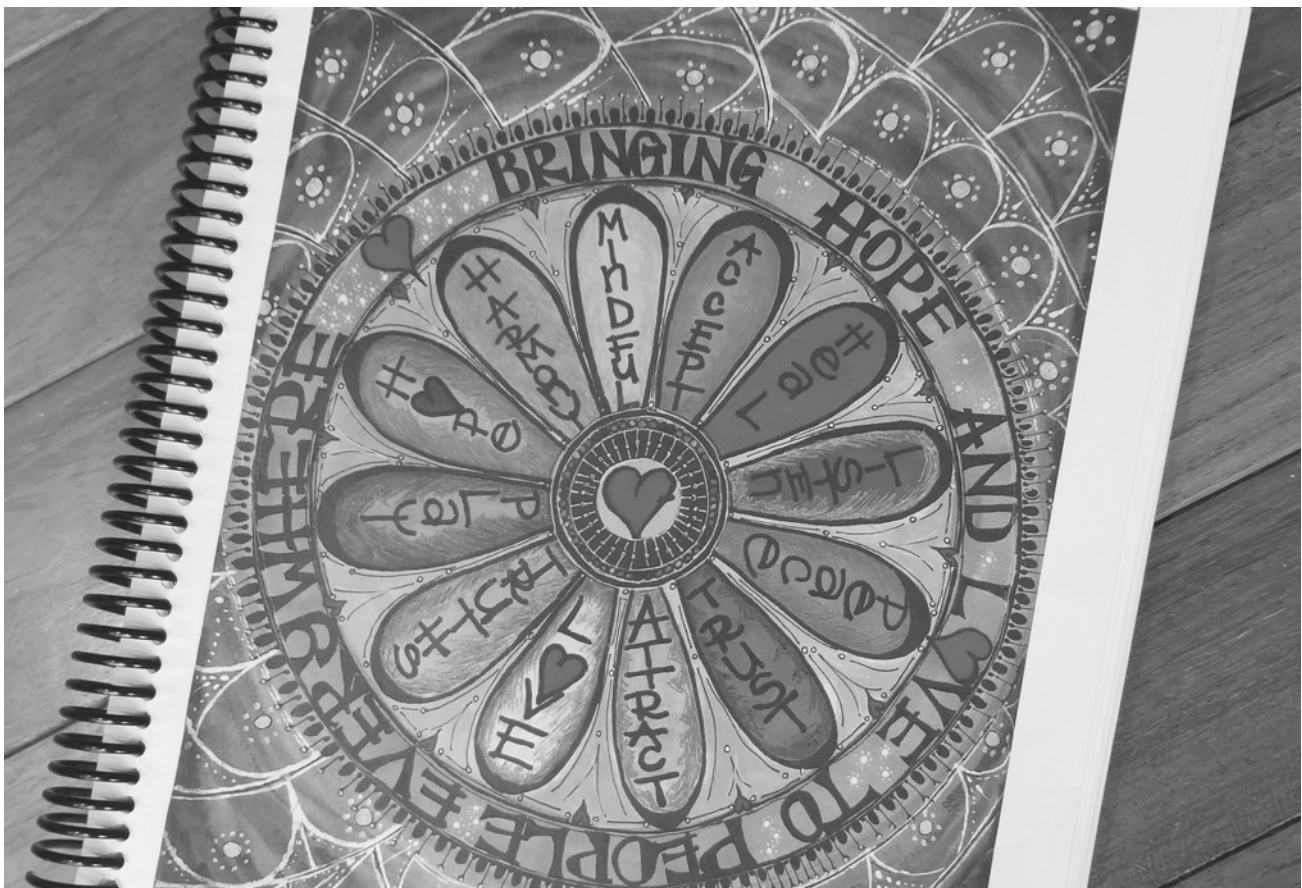
Much more than yoga, Sheltered Yoga's Core Curriculum brings evidence-based, trauma-informed, social-emotional learning, life skills, and mindfulness education to every individual we serve.

OUR CURRICULUM

The curriculum is extremely unique as it incorporates many mindfulness techniques, life skills and social emotional activities through group and individual learning techniques by using Howard Gardner's Multiple Intelligence and an interdisciplinary approach to teaching. It then connects the psychology behind yoga postures to the mental health or life skill tool that is being taught. The lesson ends with a Cognitive Behavioral Therapy approach to relaxation that reformats negative core beliefs while reinforcing the tool learned in that lesson. The specific triad of teaching tools that SY uses in all of our lessons is extremely innovative and is not being done anywhere.

Sheltered Yoga's Core Curriculum© is made up of twelve mindfulness based unit plans (for example: awareness, self care, nonjudgement/acceptance, love, happiness, interconnectedness, etc.). Each unit plan teaches a mental and/or behavioral health tool that helps build self awareness. Every class incorporates three sections; a lesson plan that includes an exercise, activity, or discussion and journaling. Next comes yoga postures (usually 6-10 postures) that directly connect to the psychology behind the lesson (for example: balancing postures engaging the sympathetic nervous system's fight or flight response), and lastly, a cognitive behavioral approach to relaxation that allows the individual to use meditation techniques to help reinforce the tool being taught that lesson (for example: a positive self talk mantra).

We use a Likert Scale and additional questions to make up our pre and post, qualitative and quantitative evaluation form that are filled out by all the individuals we serve on a regular basis. We have a local university analyze the evaluations and produce statistical outcomes that enable us to maintain our evidence-based status. Our outcomes are exceptional!



THE DETAILS

What's Included?

Sheltered Yoga's Core Curriculum is a four day training that can be completed in consecutive days or weekends or it can be spread across the year, allowing the curriculum lessons to match the student's self-awareness growth throughout each lesson plan. The curriculum has twelve unit plans with four or more lessons per unit.

Each training day of the curriculum covers three unit plans and all the lessons included in each unit. The curriculum builds on itself and deepens the social-emotional, trauma-informed learning that is taught within each lesson and unit plan. The last training includes trauma-informed yoga and meditation techniques and information. Teachers must attend all of the workshops to become certified.



In addition to the Core Curriculum content, the training is supplemented by Curriculum Assistance support and a year-long subscription to our "teachers only" section of our website with PDFs of all our worksheets, activity pages, supplies, teacher forum, and webinars. This allows each teacher to have a wide variety of tools to help them teach from the lesson plans.

What will teachers learn?

- How to embed self-regulated and self-awareness learning into all activities and lessons.
- How to achieve similar evidence-based outcomes with their students, as Sheltered Yoga has seen.
- How to lead trauma-informed programs for a wide variety of ages and abilities
- Assess issues that arise with special consideration for cultural and group dynamics.
- Become part of an ongoing evaluation assessment to create evidence-based outcomes for each teacher's classroom.
- Gain intuitive sense of each student in their class, as the curriculum gives strong insights into each student through each lesson plan.

Who can register?

This training is designed for teachers, paraprofessionals, support staff, psychologists, social workers, clinical staff and directors, service providers, counselors of all kinds, and anyone interested in an innovative, trauma-informed, evidence-based curriculum that will impact their student's self-regulation, self-esteem, self-awareness, and kindness development, while at the same time building self-starters and strong team work dynamic participants.

The participants do not have to be certified in yoga or meditation.

Cost:

The cost is \$895 per attendee which includes:

- 4 days of in-person professional development for all paid participants.
- Technical assistance from Sheltered Yoga's lead teachers
- Curriculum Manuals- both printed and available online through a special teacher access login on our website.
- Worksheets, activity sheets, and lesson support printable and accessible through our website.
- Evaluation assessments for each classroom.

WHAT THE INDIVIDUALS AND FAMILIES WE SERVE ARE SAYING...



"I am going through a lot of emotions right now and the workshop really helped." -Jill B.

"Yoga is always a positive experience. No matter how stressed you are entering class, you are always leaving feeling calm. It's like you get a fresh start and learn how to keep your stress levels at bay. Deep breathing is a great help. It can be done anytime you need help relaxing." -Marion

"I am doing yoga in my room now with my new mat." -Gianna 12 years old

"I learned about different ways to face and conquer my fears." -Tanisha

"This class benefits me because it makes me feel better about myself when I walk out than when I walked in." -Xodiel 14 yrs old

"Jilisa always pulls her mat out and makes me do yoga with her. She loves it." -Jill G., mom

FACILITIES WE CURRENTLY WORK IN

- Group Homes
- Transitional Housing
- Shelters
- Reentry Programs
- Alternative Schools
- Day Programs for mental and physical disabilities
- Rehabs and Outpatient clinics
- Mom & Me Housing

WHO WE WORK WITH

- Children
- Adults
- Seniors
- Veterans
- Pregnant Mothers
- Teens
- Families

STATS

5,700

*Individuals we serve
per year*

100%

*Living in some level of
poverty*

100%

*Of our locations are
ongoing, year-long
programming*

100%

*Of our teachers are
Certified in Sheltered
Yoga Curriculum*

OUR FOUNDER

Tina LeMar has been practicing and teaching yoga since 1993. Her credentials include two Master's degrees; an MA in Education and an MBA in Business Administration, as well as extensive graduate level classes in Family and Systems Psychology. Sheltered Yoga has been recognized as an effective and innovative approach to rebuilding self-esteem, self-worth, and self-compassion for the communities and individuals it serves. In the news links;

SHELTERED YOGA IN THE NEWS-PROVEN RESULTS

PEER REVIEW OF SHELTERED YOGA CORE CURRICULUM©

<https://vimeo.com/177569170>

"This was an amazing program and the kids were attentive and involved. The manner of communication with them really played to them and to what they understood." -Carol M.

"You did something that is so very important in the lessons you allowed the children to process and reflect on what they've done." -Carol M.

"This is such a well constructed curriculum." -Carol M.

TRENTON 365 RADIO ONE HOUR INTERVIEW

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

BENFM - WOMAN OF THE WEEK

<http://957benfm.com/episodes/tina-le-mar-sheltered-yoga/>

OUTCAST WITH AMITA MEHTA

<https://drive.google.com/file/d/1HSrZ6pyoulggdQntPVpk5G1FAvc8zJIP/view>

CURRICULUM TESTIMONIALS

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Tina's training helped me understand how breathing techniques, postures and meditation are the foundation of a yoga practice. Going through the teacher training allowed me to challenge myself mentally, physically and spiritually and realize that they are all connected. After completing my full yoga teacher training I began my certification as a Sheltered Yoga 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).

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“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. Tina does an excellent job of connecting the lessons to different learning styles. Also, 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 is very inspiring. It is presented in a real life presentation that any age can understand. Tina gives examples and then offers suggestions until the youth can relate or grasp what is being explained. Participants are able to learn about ways their brain works, how breathing affects their bodies, memory and interpretation along with a variety of social behaviors and reactions. It is really amazing to sit in a room full of teens who have experienced trauma and see the connections made and the desire to learn more. Sheltered Yoga is a unique and successful curriculum that embraces all ages.”

-Stacy Santiago, (Associate Vice President, Center for Family Services, NJ)

CONTACT US TODAY

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