

Asana Alphabet™ Upcoming workshops



at Third Street Yoga with Ann Robideaux

Feb. 10-12 Teaching Teen and Preteen Yoga

This workshop is for teachers, yoga teachers, family members and others who want to pass the gift of yoga on to today's teenagers. Asana Alphabet's teaching preteen and teen intensive gives informed guidance in how to modify techniques and reach regular tweens/teens and at-risk populations (addressing stress, learning disabilities, depression, anxiety and other issues this age group faces). Pulling from Kundalini Yoga and Hatha yoga forms, the course includes demo and lecture from Ann Robideaux, along with ready-to-go lesson plans for easy implementation. Yoga poses, community building, yamas/niyamas integration, breathwork and deep relaxation/meditation covered. Take as a stand alone or in conjunction with our certification program. Includes our teen teaching guide. Letter of completion with number of credit hours given at course end (can be used towards Yoga Alliance hours). For more on this project see www.AsanaAlphabet.com. For specific questions on this course,

please email AsanaAlphabet@gmail.com.

(Registration through Third Street Yoga)

Register by Feb. 3: \$225; After Feb. 3: \$275

Friday/Saturday Only (Partial Workshop): \$175

Friday: 7pm-9pm

Saturday: 11am-5pm

Sunday: 11am-4pm

Sunday, Feb. 12 Decompress: Yoga for Teens: 11am-12pm

Students in middle school and high school are invited to this hour-long yoga class on Sunday. Sun salutations, Kundalini fun, Partner Yoga and Deep Relaxation all included. Bring your friends!!

Suggested Donation: \$5

Asana Alphabet's Teaching Yoga to Babies and Families Saturday, March 10; 11am-4pm

This intensive workshop will give yoga practitioners, caretakers, and teachers essential know-how to create amazing yoga classes for babies and families. Dozens of baby songs, baby massage, benefits, developmental stages, lesson plans and video samples all comprise this comprehensive training. Teaching guide and other yoga goodies included. Baby/family yoga is a great way to assist healthy physical, mental and social development in children.

Pricing: \$108 if signed up by March 1, 2012; \$125 after March 1

Please email AsanaAlphabet@gmail.com for more information.

**Register through 3rd Street Yoga. More on us at
www.AsanaAlphabet.com.**

Saturday, March 10; 5pm-9pm Special Needs

Teaching Yoga to Kids with Special Needs

\$108 registered by March 1. \$125 thereafter

Case studies and discussion on symptoms and strategies for working with children with autism spectrum

disorder, asperger's, sensory issues, ADD, and ADHD. Registered yoga alliance teacher

and Asana Alphabet™ founder Ann Robideaux guides participants in yoga know-how for

reaching these populations. Can be taken as a stand alone or as part of advanced kids yoga certification

with Asana Alphabet™.

Sunday, March 11; 11am-4pm: ABCs of Yoga: Prek-First Grade

\$115 registered by March 1. \$135 thereafter

A is for Archer, B is for Bow....this workshop gives you 26 lesson plans following the letters of the alphabet primarily for students in Prek-Grade One (though certainly other ages love it too). Integrating children's books and stories into fun yoga classes also included. Lesson plans and "Yogi and Yogette's" kids book included. This is a must for anyone interested in working with young kids! Can be taken as a stand alone or as part of advanced kids yoga certification

with Asana Alphabet™.

with Asana Alphabet™.

with Asana Alphabet™.

Sunday, March 11; 5-7pm;

Kundalini Yoga: Strengthen your Glandular System

Your glands are the guardians of your health. Tonight we'll take Kundalini yoga kriyas and a breath meditation to help keep your glandular system in

tip top shape. Ann Robideaux, native Oklahoman and long-time Kundalini teacher, visits from NYC!

Price: \$12 pre-registered: \$15 day of workshop