



#UNSTOPPABLE

BAPTISTE YOGA FOR YOUTH
TRAINING PROGRAM

**#Unstoppable: helping kids
be resilient through
Baptiste Yoga
and mindfulness**

August 18, 2018
11:00am-7:00 pm
FIT House Davis
302 G Street
Davis, CA 95616

Register:

www.baptistefoundation.org

The #unstoppable program exists to create a resilient generation of children that use Baptiste Yoga as a life skill.

This is a training for anyone who works with youth—school teachers, school counselors, aides, coaches, community center employees, police officers, etc.

You will learn through an embodied experience, a set of tools to teach basic yoga poses, breathing exercises, meditation and relaxation techniques to youth in whatever setting you encounter them in.

The training will also give an introduction as to why and how these tools can help people who have experienced trauma. You will be given valuable tools that will teach you to care for yourself first so you can more effectively serve others.

Program tuition is \$50 for public sector employees (including school teachers, counselors, aides, coaches, community center employees, first responders, law enforcement, etc). For those not currently working with youth, the cost of the training is a \$395 donation to the Baptiste Foundation.