



HOW TO SUPPORT WELLNESS AT YOUR SCHOOL.
ARE YOU TRAUMA-SENSITIVE?

Friday, November 18

Aiea Hongwanji Preschool 99-186 Puakala Street

Aiea, Hawaii 96701 (808) 488-0404

***Board meeting 11 am**

***Workshop 12 noon-1:30 pm**

Yoga and Mindfulness Practices for Administrators, Educators, and Students

- What is trauma-sensitive yoga and mindfulness and how does it support your wellness
- How to recognize the symptoms of trauma, including the different physical and psychological reactions that children, teens, and adults experience
- What are chair yoga and mindfulness practices, and how they are valuable tools to support you, your staff, and their student's wellness
- How to recognize times in the day when you, your staff, and their students could take a yoga & mindfulness break
- Learn 6 chair yoga and mindful practices to support yourself, your staff, and their students
- Q&A to answer all of your questions about sharing yoga and mindfulness with your school community
- **Resources: Toolkit (6 Yoga & Mindfulness Practices to Nurture and Heal)**

Brynne Caleda, Co-Founder, Yoga Ed.

For two decades, Brynne has championed the efficacy of innovative, evidence-based yoga programs for schools to establish lifelong foundations for student's fitness, wellness, and productivity.

Yoga Ed. helps school communities feel better through evidence-based yoga & mindfulness programs for children, teens, and teacher wellness.

Join us and learn about Taking Care of yourself and others!

Bring your own lunch; dessert and a wellness surprise will be provided.

RSVP at info@kiaikaike.org by Mon. Nov 14.