

Mindfulness in Education Track

Session 2: 10:30-11:45am

Name, Title, Affiliation:

Lisa Flynn, founder and CEO, ChildLight Yoga and Yoga 4 Classrooms

Title of session:

"Yoga & Mindfulness in the Classroom: Tools to Support Social and Emotional Learning, Student Success, and Positive Climate"

Brief description of session:

Experience how integrating simple, trauma-informed mind/body practices, specifically designed for the time- and space-crunched classroom, can be a convenient, engaging, and effective way to support mindful teaching and learning. Participants will learn a variety of strategies they can use with their students (and for themselves) the very next day, in addition to research, case studies, and best practices for building support in their school community.