



## About the Central Coast

The Central Coast of California is one of the world's most beautiful areas. The area is home to many vistas, clean air, amazing beaches, world renowned wineries and daily farmer's markets. Visit us for the course but consider extending your stay to experience some of the best that California has to offer. The Central Coast is a nice change of pace from other parts of CA you may be familiar with.



## Faculty

Anne Buckley-Reen is a popular presenter, OT and yoga therapist who is known for her innovative treatment programs. Anne has practiced yoga therapy since 2000 and shares her powerful and life changing experiences in this exciting workshop. Her programs are taught throughout the U.S. and were recently introduced in Europe. She is sought after as a consultant for school districts and therapy programs and as a mentor to her peers. She is currently involved in a number of research projects utilizing therapeutic yoga.

## Course Date & Location

October 3-4, 2014  
Santa Barbara County Office of Education  
Multimedia Training Center  
4400 Cathedral Oaks Road  
Santa Barbara, CA 93110

## Registration Information

Registration Fee is \$295 for the 2 day course. Please visit [www.coastalliedhealth.com](http://www.coastalliedhealth.com) or call (805) 996-0899 to register.

### Course Credits

Each participant will receive a certificate of completion for 13 contact hours / 13 PDU's.

\*Coast Allied Health Consulting and Education reserves the right to cancel any course at any time. We are not responsible for any expenses incurred by the learner except for course tuition reimbursement. Once a course is in progress, no refunds will be issued, no exceptions.

## Get Ready to Learn: Yoga Therapy in the Classroom



presented by  
**Anne Buckley-Reen**  
**OTR, RYT**

**October 3-4, 2014**  
**Santa Barbara, CA**

**Chosen as a PBS "Innovations in Education" program, this program has been highly acclaimed by participating teachers, therapists and administrators.**

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**Coast Allied Health Consulting  
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**[www.coastalliedhealth.com](http://www.coastalliedhealth.com)**  
**(805) 996-0899**

## Course Description

This dynamic 2 day program offers the school based practitioner a clinically researched Yoga curriculum utilizing developmentally graded yoga sequences which align with RTI and PBIS. Used throughout the US and England since 2008, this popular preparatory yoga curriculum addresses learning and behavior issues across ages (preschool through high school), stages and levels of ability. This program has been shown to positively impact sensory processing, self regulation, attention, communication, motor planning, and performance. Get Ready to Learn (“GRTL”) is designed for daily implementation and adaptation in the classroom to prepare students to be in optimal physical, emotional and cognitive states for learning.

Challenges addressed include students with mild to severe physical limitations, autism spectrum disorders, developmental and learning disabilities, and attention and emotional/self-regulatory issues.

## Course Objectives

Following completion of this course, participants will:

1. Discuss the research evidence that supports the use of a comprehensive yoga program to address issues of communication, self regulation, attention, auditory processing and motor performance.
2. List the steps to design a collaborative approach to implement a yoga program within a classroom, which incorporates teacher and administration “buy-in”.
3. Identify and develop a sequence of integrated yoga postures for children with special needs to support relaxation, breath support, phonation, concentration and focus.
4. Identify and use 4 specific data collection tools to measure the effectiveness of the yoga program intervention.

## Participant Requirements

Please wear comfortable clothing, suitable for movement. A yoga mat and light blanket is required for all attendees. For additional comfort, participants may want to bring a pillow for sitting on the floor.

Recommended reading - *Yoga for the Special Child* by Sonia Sumar.

## Schedule Day One

8:00-8:30	Registration/Continental Breakfast
8:30-9:00	Program History, Development, Mission and Goals
9:00-9:30	Floor I Sequence (LAB)
9:30-10:30	The 5 Parts of a Balanced Yoga Routine and Indications for Enhanced Classroom Function
10:30-11:30	Sequence Analysis and Applications for Specific Populations
11:30-12:00	Video Case Study: NYC Middle School Classroom of Students with ASD
12:00-12:45	Lunch (on your own)
12:45-1:00	Classroom and Staff Preparation. A Step by Step Guide for “Getting Ready”
1:00-1:30	Chair Yoga Sequence I (LAB) Modifications for Specific Populations
1:30-2:00	Classroom Case Studies: HS Class of Students with Developmental Challenges. Preschool Class of Students with Developmental Delays
2:00 - 3:00	Phases of Program Rollout - Strategies to Promote Participation, Engagement and Independence Video Demonstrations
3:00 - 4:00	Using the Classroom Checklist to Measure Fidelity of Implementation. Problem Solving: Strategies, Adaptations and Modifications.
4:00-4:30	Classroom Breaks (LAB) Indications for Use Throughout the Day Q and A

\*Two 15 minute breaks will be scheduled each day.

## Schedule Day Two

8:00-8:30	Continental Breakfast
8:30-9:00	Floor II Sequence (LAB)
9:00-10:00	Sequence Analysis and Modifications
10:00-11:00	3 Phases of Implementation: Steps to Success
11:00-11:30	Video Case Study: NYC 1) HS Classroom of Students with Behavior Challenges
11:30-12:00	Facilitating Participation in Students with Motor Planning/Executive Function Challenges
12:00-1:00	Lunch (on your own)
1:00-1:30	Circle of Song - Enhancing Breath, Engagement and Focus
1:30-3:00	Seated 2 and 3 Sequences (LAB) with Modifications, Sequence Analysis and Modification Options
3:00-4:00	Research Outcomes: Data Analysis, Collecting Your Own Data, Measuring Progress
4:00-4:30	Implementation Tips and Tools: Working with Classroom Teams, Administration and Parents

### \*Program includes:

Training in the use of a series of developmentally sequenced floor yoga routines as well as a series of seated routines with adaptations for specific challenges, use of a series of 5 “GRTL” classroom breaks.

Reproducible manual sections, including inservice handout and curriculum for classroom staff, data collection and observation tools.

Choice of Starter DVD included with program materials