



Yoga Community Connection, Inc.

Yoga Tools for Teachers

Health & Learning Skills for
K-8 Teachers & Students





Our Mission

To support teachers and their classrooms and groups to become creative, inspired, positive, disciplined and HAPPY children with whole-body, kinesthetic health and learning skills through workshops to teachers & youth educators and education programs for children & teens.

Our Vision

We are building a network of teachers and youth educators in school districts and community centers throughout the state of Wisconsin creating a network of educators who support themselves and children through yoga. Our family and parent programs and programs will support this growing community of learners.

The Yoga Ed curriculum that is used in the Yoga Tools For Teachers workshops supports and enhances learning, health and personal responsibility through conscious breathing, movements, kinesthetic play and relaxation.

From a state of balance, calm and focus, they will teach these same techniques and activities to their students, so they realize the same benefits.

We call this ability to be self-aware and self-regulating being “Yoga Educated”.

This shift in “being” and the shared language of yoga transforms the culture of the school.





Yoga Tools For Teachers offers:

- Graduate credit for yoga training teachers
- Yoga designed to take only 5 to 15 minutes to produce positive results
- Requires no extra equipment or space.
- No prior yoga experience necessary.

Teachers learn yoga that supports:

- Wake up yoga that focuses and strengthens
- Yoga support children during transitions
- Skills for enhancing the testing experience
- Yoga to unwind at the end of a day

Teachers Will Benefit From:

- More centered and effective teaching
- Special tools to use for testing
- More relaxed and attentive students
- Better transitions and start of the day
- Improved stress management
- Increased attention span
- A closer relationship with your students

Students Will Benefit From:

- Improved decision-making skills
- Improved communication skills
- Increased muscular fitness
- Increased spatial memory
- Greater self control
- Increased attention span
- Decreased hyperactivity
- Reduced anxiety



Research

A recent study conducted by the California Department of Education (CDE) shows a distinct relationship between academic achievement and physical fitness. Key findings of the study are:

- Higher achievement was associated with higher levels of fitness at each of the three grade levels measured.
- The relationship between academic achievement and fitness was greater in mathematics than in reading, particularly at higher fitness levels.
- Students who met minimum fitness levels in three or more physical fitness areas showed the greatest gains in academic achievement at all three grade levels.
- Females demonstrated higher achievement than males, particularly at higher

“Accumulated evidence suggests the practice of yoga in the classroom may serve students as an effective technology for eliciting the energy, affect, attention, receptivity and patience which are essential to extraordinary academic achievement.”

–Gessner Geyer, M.A., Ed.M., Harvard University, (HGSAS, HGSE)
Founder & Director, Brainergy, Inc.



Testimonials for Yoga Tools for Teachers

“Yoga Tools for Teachers provides a number of great movement experiences to build balance, strength, coordination and calming in my students. Jonathan is very knowledgeable, passionate and a great teacher! He makes the subject matter fun and accessible.”

–Dane County Elementary Teacher

“We need to prioritize our time so we take care of ourselves; we need something other than the quick fixes. In our society, we value accomplishing learning at the expense of our health and wellbeing. When we take care of ourselves, we actually can do better. If I live ‘rushed’ I get rushed and less than desired results. If I slow down, I do things better.”

–Dane County Elementary Teacher



Jonathan A. Garber is the executive director and lead instructor for the Yoga Community Connection. He is a certified Yoga Ed, Kripalu and Yoga for the Special Child instructor. He has been practicing yoga since 1988 and has taught yoga to children since 1997.



Jonathan has taught yoga for the Madison and Verona School Districts, Northern Illinois Hospice Association, Suzuki Strings of Madison and with Families and Schools Together as well as community centers and health organizations. He has given presentations at Circles of Life, Southern Wisconsin Educational Inservice Organization, and several other teacher organizations throughout the state.



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