

Yoga Teacher Training Manuals

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this manual for teachers of discovering courses is designed as a companion piece for the training video titled a video workshop for teachers teachers can consult their program coordinator for further information this manual is divided into two parts part 1 a video workshop for teachers is a detailed outline of the training video with plenty of space provided for teachers to record personal reflections as well as insights generated by discussion with the program coordinator and other teachers part 2 helpful resources for the teacher is a kind of toolbox of useful resources on a wide variety of concerns confronted by the teacher the contents of part 2 are as follows religious instruction or faith formation the developmental characteristics and needs of young adolescents building positive relationships with young people effective group management effective storytelling using the scriptures the teacher as a witness of faith teachers will want to refer to this material again and again for practical guidance in their work with young adolescents

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