

YEAR of  **YOGA**
FOR EVERY BODY

FREE YOGA WORKSHOPS FOR ADULTS WORKING WITH YOUTH

Thursday, November 21, 2019
University at Buffalo
North Campus, Student Union Room 145

These workshops are appropriate for educators and anyone who interacts with children in an educational or mentoring capacity; occupational therapists, physical therapists, social workers, pediatricians, teachers, etc. CEUs and Certificates of Attendance available.

Prior registration is required. Registration and additional information:
www.buffalo.edu/inclusion/projects/yoga-for-every-body

Sign-in begins at 8:30 a.m.

CATHERINE COOK-COTTONE



Trauma Informed Yoga in Schools • 9:00 a.m.–12:00 p.m.

3 CE credits for LCSWS, LMSWs, LMHCs, and psychologists. See <https://cutt.ly/qedxAJw> for additional information. Certificate of Attendance provided for attendees of full 6-hour workshop.

Catherine Cook-Cottone, from Yogis in Services (YIS) along with Jessica Bauer Walker and Sherman Webb from the Community Health Worker Network of Buffalo will provide an overview of trauma informed yoga in schools, including examples of yoga and mindfulness in the Buffalo School District and surrounding communities.

JESSICA BAUER WALKER



SHERMAN WEBB



Lunch (free) • 12:00–1:00 p.m.

Mindfulness Through Yoga • 1:00–4:00 p.m.

No CE credits are offered for this program.
Certificate of Attendance provided for attendees of full 6-hour workshop.

Conducted by Julie Leatherbarrow from Budding Tree Yoga, this presentation will include breathing exercises and yoga postures to bring energy up and calm energy down. The postures and breathing exercises will be taught and practiced during the workshop and materials will be provided for the participants to take with them for future reference.

JULIE LEATHERBARROW



To request accommodations for disability, contact Sue Mann Dolce at samann@buffalo.edu or 716-645-2608.

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