



# AM kids! Lab: Professional Learning

Thursday, January 18th 6:00-8:00

**Are you a teacher, therapist, parent, nanny, or someone interested in learning about the AM kids! yoga techniques?**

Join Becky Martin, MA, CCC-SLP, RYT, RCYT, Speech Language Pathologist, for a 2 hour lab to learn skills, tools, and practices to utilize with children of all ages.

## You will learn:

- How the brain develops and practices to use at each stage
- Strategies to get kids out of flight, fight, and/or freeze
- Tools for self regulation and self awareness
- Practices for stress management
- Physical postures to activate the brain for learning, body awareness and improved motor coordination
- How these practices support social emotional intelligence

## You will leave with:

- A better understanding of HOW and WHY these practices work
- Ways to implement these practices into a daily routine for ultimate results
- Practical tools to use tomorrow

Price is \$45 for members ; \$55 non-members  
Groups of 4 or more only \$40/person

Register today!  
[AMyoga111.com](http://AMyoga111.com)



AM YOGA

555 4th St Grand Rapids, MI 49504

616.855.4466