



Tuam Education Centre

IONAD OIDEACHAIS THUAMA

Using Yoga & Meditation in the Classroom

6 Week Course Starting 16th September 2020

Again, due to many requests, we are offering teachers and SNAs the opportunity to participate in a 6-week yoga course. This will follow the outline of our very successful Summer Course, Using Yoga & Meditation in the classroom. We received a very positive Inspectors' Report on this particular course. The Inspector found *"the content of the course is of a very high quality. The content is effectively linked to various subject areas of the Primary School Curriculum, such as Social, Personal and Health Education (SPHE), Physical Education (PE), the Arts, Languages and Social, Environmental and Scientific Education (SESE). A key provision of the course is an explicit focus on the practical use and application of yoga and meditation, both as a whole-school approach and in teachers' individual practice. It is highly commendable that the course content has been adapted for individual needs of pupils."*

This course will consist of **6 workshops commencing on Wednesday 16th September and running each Wednesday up to and including Wednesday 21st October**. These sessions will take place in Tuam Yoga & Pilates Studio on Galway Road, Tuam from 3:30pm – 4:30pm each week and will be facilitated by Charlotte Farragher. This course must be booked in advance and payment will be required for the complete 6 week course.

The course cost is €40 & booking will open on Thursday 3rd September @ 8:30am.

Numbers are limited.