

Curaçao
10 – 15 April 2023

**“Yoga and Meditation
for Educators: Be a
Great Teacher, Be
Your Best Self”**



Erasmus+

europass

Teacher Academy

Personale coinvolto:

Docente Scuola
Primaria: Chirico Silvia

Dirigente Scolastico: Ugga
Giovanna



PROGRAMMA DEL CORSO

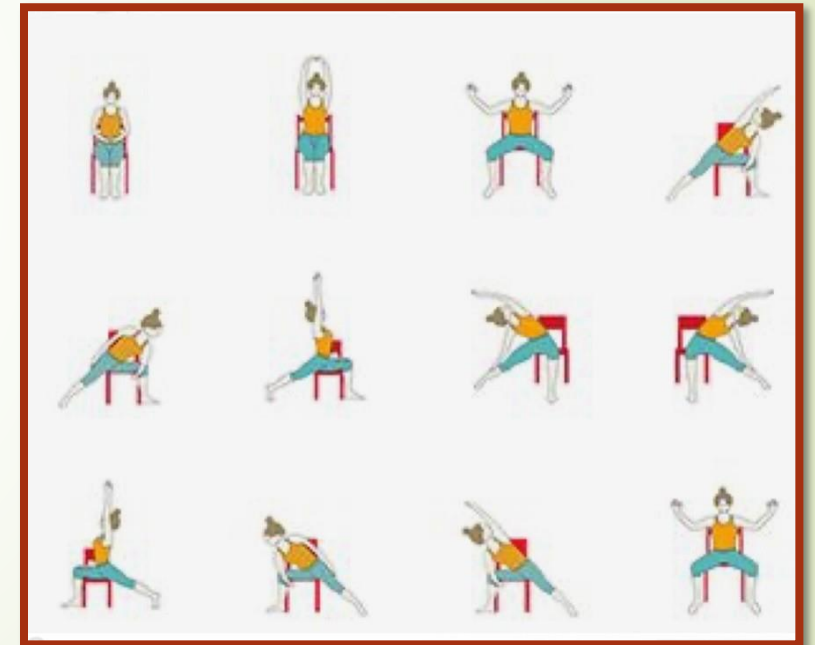
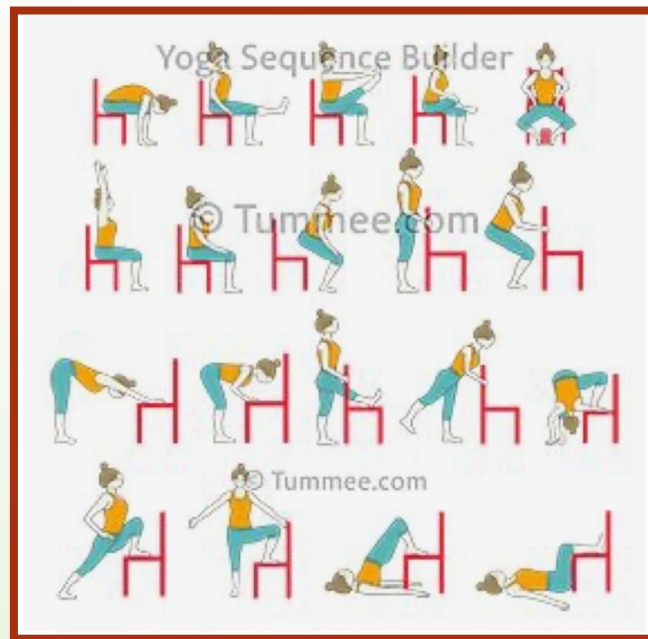
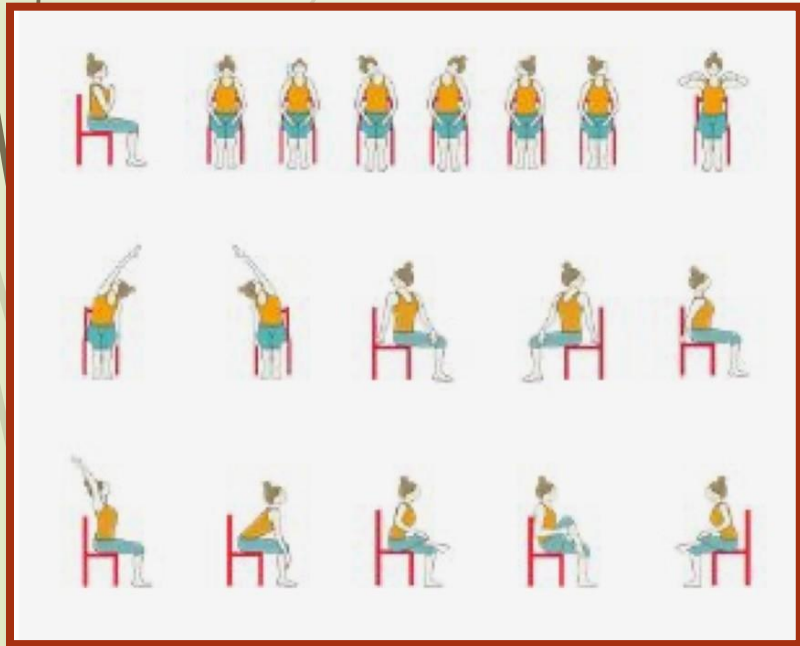
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00-9.30	Introduction/ Icebreakers Goals & Intention	Yoga exercise Science of Yoga part 1 (basics)	Yoga Exercise Breathing Breathing	Energizing Morning Yoga Your Classroom (part 1)	Energizing Morning Yoga Your Classroom (part 2)
9.30-9.45	BREAK	BREAK	BREAK	BREAK	BREAK
9.45-10.45	Easy Yoga Exercises	Science of Yoga part 2 (school)	Yoga Sequencing	Breathing exercises	Yoga Sequencing
10.45-11.00	BREAK	BREAK	BREAK	BREAK	BREAK
11.00-12.00	Introduction Yoga	Stress System, relaxation	Meditation Basics	Guided Meditation	Evaluation Certificate

Sequenza di yoga
delicata per
iniziare la giornata
nel modo giusto



Yoga e meditazione in classe: buone pratiche per i bambini

chair yoga variations



Scambio di idee ed esperienze.





PAPIAMENTU KU MI!		
Learn some basic words in Papiamentu that you can use during your stay.		
DUSHI Delicioso Heerlijk Köstlich	KOME To eat Comer Essen	BEBE To drink Bebber Drinken Trinken
LANDA To swim Nadar Zwimmen Schwimmen	DRUMI To sleep Dormir Schlafen	SALI To go out Salir Uitgaan Ausgehen
BAILA To dance Bailar Tanzen	DISFRUTA To enjoy Disfrutar Genießen	REGRESA To come back Volter Zurückkehren



Escursioni e altre attività culturali

