



EASING TRANSITIONS, REDUCING TEST ANXIETY AND PROMOTING SELF-ESTEEM THROUGH THE USE OF “FAMILY BRAIN-BREAK YOGA” SESSIONS

JANUARY 31, 2015

**1:15-2:45PM
FAMILY FOCUS FORM**

Do your children have a lot of energy? Is homework a struggle?

This workshop empowers participants to effectively utilize yoga poses and breathing techniques, or “yoga breaks,” to increase cognitive thinking, reduce test anxiety, ease transitions and increase attention for homework. Parents will leave with ideas on how to help their children with transitions between subjects, techniques for memorizing and how to calm their children. Topics include: The “whys” behind the physical, cognitive, social, and emotional benefits of adding “brain-break yoga” family sessions into the home.



Alia Fernandez, MPH. RYT, MA; has a Master's degree in Elementary education from George Fox University, a Master in Public Policy from the University of Arizona and is a licensed teacher in the Oregon City School District. As a certified yoga teacher, she has been working with the after-school programs to promote kids yoga classes in order to improve cognitive, social, and emotional growth in kids. She specializes in helping teachers and parents use breathing techniques and yoga poses to ease transitions in the classroom.

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