

ST. NICHOLAS MONTESSORI TEACHERS' ASSOCIATION

Supporting Montessori Education in Ireland



Booking Form

Workshop: Mindfulness for Preschool Children or Yoga for Preschool Children

Date: Saturday 30th September 2017

Time: 9.45am – 1.00pm

Schedule: Registration: 9.45 a.m.-10.00 am

Starting time: 10.00 a.m.

Refreshments: 11.15 a.m.

Finish: 1.00p.m.

Venue: Woodlands Hotel, Adare, Co. Limerick

Parking: free

Fee: Members €20 Others: €30

Workshop Title: Mindfulness for Preschool Children or Yoga for Preschool Children

Content:

- Brief History of Yoga
- Benefits of Yoga for Young Children
- Type of Yoga Classes suitable for 3 – 6 years:
 - Traditional practice
 - Themes
 - Yoga Cards
- Meditation/Relaxation/Music
- Mindfulness
- Yoga Class – Practical 1
- Yoga Class – Practical 2
- Links to Aistear

Presenter: Fiona O'Reilly, Mini Yoga, Dip in Mont.Ed.

Name: _____ Membership Number _____

Name: _____ Membership Number _____

Montessori Preschool: _____

Address: _____

Telephone No: _____ Email: _____

I enclose a cheque € _____

Return to: Administrator, St. Nicholas House, 16 Adelaide Street, Dún Laoghaire, Co Dublin

Email carole@montessorireland.ie **Website** www.montessorireland.ie