



**NIROGA**

**BRINGING  
NIROGA  
TO  
NEW YORK**

**NIROGA INSTITUTE  
IS A NON-PROFIT  
ORGANIZATION IN  
CALIFORNIA  
WHICH SEEKS TO  
FOSTER HEALTH  
AND WELLBEING  
THROUGH  
TRANSFORMATIVE  
LIFE SKILLS (TLS),  
A MULTI-MODALITY  
INTERVENTION  
INCLUDING YOGA,  
BREATHING  
TECHNIQUES AND  
MEDITATION, FOR  
AT-RISK AND  
UNDERSERVED  
INDIVIDUALS,  
FAMILIES AND  
COMMUNITIES  
THROUGH  
OUTREACH,  
EDUCATION AND  
RESEARCH.**

**FOR MORE INFO,  
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# Niroga Training: Teaching Yoga to Youth

**Saturday, April 17th, 2:30-7 pm  
Sunday, April 18th, 2-7 pm**

**Satya Yoga Center  
Rhinebeck, NY**

**Cost of Training: \$310**

**Snacks provided**

Register online at [www.niroga.org/events](http://www.niroga.org/events) by March 20; space is limited.

*“This training is head and shoulders above anything else out there!”  
- James F, Yoga Instructor for IPP at San Quentin Prison*

*“Niroga is pioneering new territory with therapeutic Yoga and its  
applications toward integral development.”  
- Evan S, Niroga instructor at Alameda County Juvenile Hall*

## Training Program Welcomes:

### **Yoga Teachers:**

The Teaching Yoga to Youth training is a special course for certified yoga teachers to learn how to address the needs of vulnerable children and youth in schools and alternative schools, homeless shelters and group homes, rehab centers and juvenile halls through Transformative Life Skills .

### **Educators:**

The training will develop knowledge and skills of a 15-minute TLS protocol for personal stress management and resilience, as well as how to relate TLS to learning readiness, social competence and school-wide climate enhancement.

### **Mental Health Workers:**

Participants will integrate a 15-minute TLS module as a protocol in outpatient mental health groups and/or psycho-education groups; additionally, mental health providers will learn to develop skills for their own stress management, resilience and self-care.