



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,
PLEASE CONTACT:**

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Niroga Training

**Saturday & Sunday
April 17th & April 18th
2:30-7 p.m. & 2-7 p.m**

**Satya Yoga Center
Rhinebeck, NY**

Cost of Training: \$310

Snacks provided

Register online at 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 Yoga for 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.