



Get Ready To Learn 3 Day Training

18 contact Hours

with Anne Buckley-Reen OTR/RYT, YSC Senior Licensed Practitioner

Note: Outline is a guide. All material will be covered during the course.

DAY 1

8:00-8:30 Program Overview: Development, Mission and Goals

8:30-9:00 Morning Practice Floor 1 Sequence (LAB) (yoga mat required)

9:30-11:30 The 5 parts of a classroom yoga routine and indications for classroom function- "The How and Why of Yoga" Part 1

11:30-12:00 Sequence analysis and applications for specific populations

Video Case Study: NYC Middle School Classroom of Students with ASD

12:00-12:45 Lunch (on your own)

1:00-2:00 Afternoon practice/ lab

Classroom and Staff Preparation: A step by step guide for "Getting Ready"

Modifications for specific populations

Lab (Seated 1 practice)

Case Studies:

- 1) HS class of students with developmental challenges
- 2) Preschool class of students with ASD/ Developmental delays
- 3) Elementary school students

2:00-3:00 The 5 Parts- Part 2- The Breath



DAY 2

8:00- 8:45 Floor 2 Sequence (LAB) (yoga mat required)

8:45- 9:15 Sequence analysis and modifications/ Classroom Case study

10:00-12:00 Phases of program implementation Phase 1 and Phase 2: graded strategies to promote participation, engagement, and independence. and Video Case study.

Phases of Implementation (Phase 2): Adaptations for individual students (Alex: Case study)

Facilitating participation in students with motor planning challenges (Case Study)

Floor 3 Practice

12:00-12:45 Lunch (on your own)

12:45- 1:30 Seated 1/ Foundations 1 Practice

Creating a Peaceful “READY” Environment in the Classroom:

Achieving quiet and calm

Using non -verbal communication

Guiding Transitions into and out of program

Modeling the way

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1:30-2:30 Facilitating participation in students with motor planning challenges

(Case Study)

2:30-3:00 Seated 2 sequence (LAB) with modifications

Sequences analysis and modification options

3:00-3:30 Measuring Change: Demonstrating Program effectiveness

Research: Collecting Data

Measuring progress and outcomes: Data analysis,

DAY 3

8:00-10:00 Morning Practice, Foundations 2 ,
Advanced Floor Practices 4 and 5
Sequence analysis and adaptations

Measuring Change: Demonstrating Program effectiveness

Research: Collecting Data

Measuring progress and outcomes: Data analysis,

10:00-11:00 **Research-Rhythm, GRTL (2)**

Motor Planning / Body awareness

11:00 -12:00 Getting Started - Review Next steps (**handbook**)

Rollout Timeline-



THE
GET READY
PROJECT

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12:12;45- Lunch

12:45 -1;15 Creating/ Supporting a classroom and school yoga
community (bulletin boards/ parent practice/ pose of the week/ admin mtgs/
team mtgs.

1:15-2;15 Seated 3 Practice

Measuring Change: Parent feedback - Ready Breaks-
data samples

2:15-3:00 Review of resources, implementation and program supports
manual and website
Q and A (review list)
Closing Meditation