



**COAST ALLIED HEALTH AND
THE GET READY PROJECT PRESENT
DYNAMIC TWO DAY ONLINE WORKSHOP**

**GET READY TO LEARN:
THERAPEUTIC YOGA
IN THE CLASSROOM**

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TWO DAY TRAINING: October 22, 2020 and November 19, 2020



THIS DYNAMIC PROGRAM OFFERS THE SCHOOL BASED PRACTITIONER (CLASSROOM STAFF AND THERAPISTS) A CLINICALLY RESEARCHED PREPARATORY YOGA CURRICULUM UTILIZING DEVELOPMENTALLY GRADED SEQUENCES.

Introduced in NYC Schools in 2008, this popular preparatory yoga curriculum addresses learning and behavioral issues from preschool through high school.

This program has been shown to positively impact challenging student behavior and enhance self-regulation, sensory processing, motor planning, attention, communication and performance. Get Ready To Learn ("GRTL") is designed for daily implementation and adaptation in the classroom to prepare students to be in optimal physical, emotional and cognitive states for learning as well as creating classroom environments that are safe, calm and nurturing. Additionally, Get Ready To Learn also offers a range of documented wellness outcomes for the participating classroom staff. The program addresses a wide range of classroom challenges including students with attention, behavioral, developmental and physical delays including students with autism spectrum disorders, ADD and ADHD, LD, neuromuscular disorders and general motor immaturity. Chosen as a PBS "Innovations in Education" program, researched by New York University and highlighted on ABC National News, this researched program has been highly acclaimed by participating teachers therapists, administrators and parents.





TWO DAY WORKSHOP

TARGET AUDIENCE: SCHOOL BASED
THERAPISTS AND LEAD TEACHERS

TWO DAY AGENDA:

October 22nd and November 19th

DAY 1:

8:45 Login and Download Resources
9:00 Welcome
9:05 Program Rationale
9:40 Floor 1 Practice
10:05 Video Analysis: 177Q
10:15 Breakdown of Sequences
10:20 The Five Part Practice
10:50 Program Set up and Transitions
Video Analysis 307Q, 233Q, 993Q, 177Q
11:20 Break
11:35 Measuring Change: Baseline & Follow-Up
Video Analysis: Sugrim
11:45 Seated Practice, Sequence Review
12:20 Program Implementation: Phase 1
Video Analysis: 177Q, Challenging Behavior
12:50 Tools: Common Misconceptions & Fidelity Checklist
1:20 Closing Circle: Key Take-Aways
1:30 Dismissal

DAY 2:

8:45 Login and Download Resources
9:00 Welcome
9:05 Day 1 Review
9:15 Floor 2 Practice & Breakdown of Sequence
9:45 Video Analysis: Mr. Charles, 94M
9:55 Foundations 1 & 2 & Pre-K Video Analysis
10:20 Foundations 3 & Pre-K Video Analysis
10:40 Program Implementation: Phase 2
Video Analysis: Alex, 138M, 307Q, 721K
11:20 Break
11:35 Circle of Song Lab
11:50 Seated 2 Practice & Breakdown of Sequence
12:20 Measuring Change: Weekly Data
Video Analysis 721K
12:35 Program Implementation: Phase 3
12:45 Problem Solving Breakout Groups
1:20 Closing Circle: Key Take-Aways
1:30 Dismissal



The Get Ready To Learn Program is a series of yoga and mindfulness sequences to prepare brains and bodies for optimal learning outcomes. The series of floor or chair sequences, combined with the practitioner use of the program phases and key implementation tools, are offered in streaming format to offer a researched model and embedded curriculum that is easily accessible and widely used.

Anne Buckley Reen is an occupational therapist and yoga teacher with more than 30 years of pediatric experience. Utilizing and researching the impact of yoga on students with developmental challenges since 2000, Anne was invited by NYC schools to create a curriculum for their students with a wide range of developmental and behavioral challenges. Inspired by her mentor, Sonia Sumar, and her collaboration with a dedicated team of administrators, teachers, therapists, students and researchers, Get Ready to Learn was created.



Sara Sheridan Preston is a special educator and yoga teacher with more than 15 years of experience. Sara began her journey with Get Ready to Learn in her special education classroom ten years ago. Since then Sara has helped support and develop the program across populations and has led trainings for hundreds of therapists and teachers.



Participants rate this learning experience as excellent and report significant and measurable changes in their students and classrooms as well as in themselves.