

# TAMIKA SCHILBE & CAROLYN JYOTI BURKE

*Tamika Schilbe is an award-winning child and family counselor, consultant, author and yoga educator. Carolyn Burke is a parent, yoga educator, retreat facilitator and family counsellor. Both school counsellors and yoga teacher trainers, Tamika & Carolyn have designed and led numerous wellness programs and therapeutic groups. Tamika and Carolyn co-direct the 100-hr HeartRise® Children's Yoga Teacher Training program. Born in the jungles of Costa Rica, HeartRise® is an earth-centered system that helps children befriend their inner voice and celebrate their individuality. [www.heartrisekids.com](http://www.heartrisekids.com)*



**Friday March 30th 6:00 pm - 8:00 pm FR2HRY**  
**Teaching Yoga to Teens/Adolescents/Youth**

Engage the youth of today with a practice that will help to balance their rapidly changing hormones, increase body awareness and provide them with tools to ease their stress and anxiety. Yoga gives youth a safe and positive place to explore and work through the myriad of emotions present at this age of self-discovery. The use of meditation, breath practices, vinyasa flows and positive body-speak will enhance your ability to confidently connect with teens and inspire them to incorporate yoga into their lives and find respite within.

**Sunday April 1st 9:00 am - 11:00 am SU1HRY**  
**Conscious Classrooms: Yoga for Schools**

The classroom is one of the best places to offer children the gift of yoga! Learn creative and playful ways to integrate yoga into the daily transitions that occur at school. Discover practices that will shift the classroom mood and help students increase energy, relaxation, focus and performance, while decreasing stress, anxiety and computer-related tension. These simple but powerful practices can be used strategically and tagged to certain times of the day. As an added bonus, you the educator will receive all the physical, emotional and energetic benefits you share with your students!

**Sunday April 1st 11:30 am - 6:30 pm SUIHRY**  
**Colors in Me: Creative Tools for Sharing Yoga with Children**

Immerse yourself in a climate of playful experiential learning as we explore creative games and activities, breath practices, Pocket Poses™, chanting and HeartRise Musical Movements™. Inspire children to move in new and creative ways that honor their individuality. By maintaining the delicate balance between freedom and structure, children experience deeper levels of self-acceptance and courage. Earth based teachings are the foundation of the HeartRise® yoga system, which encourages children to connect more deeply with the natural world. The tools, techniques, resources and confidence you gain from this workshop will help you offer children experiences that connect them with their innate wisdom

