

## Yogapalooza for Educators: Limited Spots!

### Need More Peace in Your Classroom?

Help your students find their inner zen!

Yogapalooza is a beginner-friendly training that blends music, movement, and mindfulness to help children (and educators) build focus, regulate emotions and thrive. Learn playful activities, simple songs, and calming techniques to support emotional wellness in the classroom.



- Encourages positive behavior management and peaceful transitions
- Supports self-regulation skills
- Promotes self-care tips for educators
- Includes a FREE Yogapalooza Kit included (\$200 value)



#### Instructor:

Bari Koral, singer-songwriter and yoga instructor,  
Dawn Espinoza (ELCPH),  
Samantha Dominguez (ELCPH)



#### Registration:

Contact Samantha Dominguez at [s.dominguez@elcph.org](mailto:s.dominguez@elcph.org)



**Course Dates:** Tuesdays starting October 7, 2025 - March 3, 2026



**Time:** 6:30 P.M.



**Location:** Virtual sessions weekly with a final in-person session

