

Join Alice Redding...

CALT, RYT, and author:
Learn how to teach your
children the STRIPES easy,
3 step method of relaxing
and getting their mind
focused in school.



**Systematic Training In Relaxation
Inner Peace for Every Student**

Workshop for All Educators, Parents, Counselors, Yoga Teachers, Healthcare Professionals, or adults working with all children from K - 12th grades.

Reducing Stress, Hyperactivity and Anxiety in Children

Great for ADHD!!

STRIPES Training is designed to help create a calmer classroom or home and that contributes to the learning potential of each student. In just 5 -15 minutes this easy method quickly relaxes and focuses children while giving each student valuable self-management skills. It provides students with the tools to control their own behavior, attend in class, and focus their mind on the work needed to be done. It provides them with an outlet for anxiety and integrates relaxation into every area of their lives.

During this workshop, adults will learn how to teach STRIPES 3 easy steps using the Student CD and Student Movement cards.

Saturday morning, Aug. 1st '09 / 9:00 until 12:00

Fee for workshop: \$94 before June 1st and \$114 after Jun 1st

Included in this fee is:

STRIPES Book, CD and Student Movement Cards (a \$48 value)

Written by Alice Redding CALT, RYT

Name _____
Parent, Educator, RYT, Counselor, or other

Address _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

*send this form to: Alice Redding 908 Sandalwood Ave. Richardson, TX 75080 with \$94 registration fee

Class is limited in size and will fill quickly.

For more information on STRIPES Training or Alice go to: www.stripesyoga.com

Make your check payable to Alice Redding.

For more information call: [Alice Redding @ 972-437-3803](tel:972-437-3803) or go to alice@stripesyoga.com.

