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Sullivan County

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PRESS RELEASE

September 22, 2017

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Extension Offers Yoga4Classrooms Training for Local Schools

LIBERTY, NY— Yoga4Classrooms uses mindfulness practices in the classroom to support students and teachers in behaviors that lead to a peaceful and engaged classroom environment. This is a multi-year program, spanning two academic years. With funding from the NYS Department of Health, Cornell Cooperative Extension Sullivan County (CCESC) offered Phase I Yoga4Classrooms training for forty-two Sullivan County K-12 educators last school year.

CCESC and Sullivan Renaissance have partnered to offer advanced Yoga4Classrooms training this coming school year for Sullivan BOCES at White Sulphur Springs, Monticello Elementary and Middle Schools, and Fallsburg Elementary and High Schools.

“Teachers and students both benefit from the program,” said Jill Holland, occupational therapist of Sullivan BOCES at White Sulphur Springs.

“Teachers have already been incorporating relaxation techniques and body movement as a way to help students stay calm and focused.”

With Sullivan County’s difficult health ratings, this is one approach schools and teachers can use in the classroom to encourage healthy behaviors.

“Yoga4Classrooms provides educators with no-cost tools to help improve student performance and reduce disciplinary issues”, said SueAnn Boyd, CCESC healthy schools program coordinator.

The public can learn more about this and other Healthy Schools and Communities programs, projects, and partnerships; or Cornell Cooperative Extension Sullivan County by calling CCESC at 845-292-6180, emailing sullivan@cornell.edu, or visiting www.sullivancee.org.

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