



Mindful Leadership Yoga and Meditation Certificate Stream

June 29-July 5, 2020

Course Fee: \$1215 + HST

Uniform Fee: \$99 + HST

Visit www.oelccaso.com,
email oelc@oelccaso.com
or call 705-689-5572 for
more details.

Become a certified Yoga and Meditation Specialist as part of Secondary Athletics Leadership. You will:

- Learn to lead your peers in Yoga and Meditation
- Learn to be calm, effective, and centered leaders
- Earn practical and resume enhancing skills
- Explore various components of leadership: leadership styles, effective communication, group dynamics, problem-solving, organizational skills, and risk-taking
- Participate in some components of Secondary Athletics Leadership
- Gain valuable leadership skills to take back to your school and community



Ontario Educational Leadership Centre

Mindful Leadership: Yoga and Meditation 1 Certificate

www.oelccaso.com

Location: Ontario Educational Leadership Centre (OELC) 7098 Rama Road, Longford Mills, ON, L0K 1L0

Dates: June 29-July 5, 2020

Associated Fees:

Course Fee: \$1215 + HST

Uniform Fee: \$99 + HST

Website: www.oelccaso.com

MINDFUL LEADERSHIP

During Secondary Athletics, students will complete 24-hours worth of training specific to the Mindful Leadership course. Participants will earn their Yoga Exercise Specialist Level 1 and Meditation Specialist Level 1 through a Physical Education Specialist and Certified East to West Yoga Trainer. The Mindful Leadership experience will be a mix of theory, practice and action planning to make a difference upon returning home. Time will be spent not just learning about poses but how to take their learnings “off the mat”. Students will learn to empower and inspire those in their immediate world. Participants of all abilities are welcome to participate in this course. No background experience necessary.

Mindful Leadership runs in conjunction with Secondary Athletics. Mindful Leadership participants will be integrated in cabins and leadership development sessions as well as enjoy free-time and meals with other secondary students participating in Secondary Athletics, the Youth Facilitator in Training Course and the Course for Credit (PLF4M).

CERTIFICATES

During this course, through 24 course hours, students will earn two certificates:

- 1) Yoga Exercise Specialist Level 1 (delivered by East to West Yoga an RYT yoga studio)
- 2) Meditation for Yoga Level 1 (delivered by East to West Yoga an RYT yoga studio)

As a result of these certificates, students will be able to:

- Transfer learning to make them more effective/mindful leaders in any setting.
- Teach yoga and meditation to their peers/family.
- Place certificates on their resumes to show their professional development.
- Explore 25-hours of additional anatomy training prior or post-completion to use these certifications to teach in gym settings or at resorts.
- Cultivate their own yoga and meditation practice to complement their personal mental health and well-being.

Register at www.oelccaso.com. For assistance, call the Centre office at 705-689-5572 or email oelc@oelccaso.com.



Book your school trip with OELC/CASO this spring or fall! Tailored programming available!