



THE
GET READY
PROJECT

Get Ready To Learn Summer Facilitator Training
July 28-30, 2022 18 contact Hours
with Anne Buckley-Reen OTR/RYT, YSC Senior Licensed
Practitioner

Note: Outline is a guide. All material will be covered during the course.

DAY 1

8:00-8:30 Program Overview: Development, Mission and Goals

8:30-9:00 Morning Practice Floor 1 Sequence (LAB) (yoga mat required)

9:30-11:30 The 5 parts of a classroom yoga routine and indications for
classroom function- “The How and Why of Yoga”

11:30-12:00 Sequence analysis and applications for specific populations

Video Case Study: NYC Middle School Classroom of Students with ASD

12:00-12:45 Lunch (on your own)

1:00-2:00 Classroom and Staff Preparation: A step by step
guide for "Getting Ready"

Modifications for specific populations

Lab (Seated 1 practice)

Case Studies:

1) HS class of students with developmental challenges

2) Preschool class of students with ASD/ Developmental delays

3) Elementary school students

2:00-3:00 Phases of program implementation Phase 1 and Phase 2: graded strategies to
promote participation, engagement, and independence. LAB part 1 and Video Case study.

3:00-3:30 Using the classroom checklist to measure fidelity of implementation.

DAY 2

8:00- 8:45 Floor 2 Sequence (LAB) (yoga mat required)

8:45- 9:15 Sequence analysis and modifications/ Classroom Case study

10:00-12:00 Phases of Implementation (Phase 2): Adaptations for individual students (Alex: Case study)

Facilitating participation in students with motor planning challenges
(Case Study)

Floor 3 Practice

12:00-12:45 Lunch (on your own)

12:45- 1:30 Creating a Peaceful “READY” Environment in the Classroom:

Achieving quiet and calm

Using non -verbal communication

Guiding Transitions into and out of program

Modeling the way

Breathing Breaks and Circle of Song- Enhancing breath and
communication

2:30-3:00 Seated 2 sequence (LAB) with modifications

Sequences analysis and modification options

3:00-3:30 Measuring Change: Demonstrating Program effectiveness

Research: Collecting Data

Measuring progress and outcomes: Data analysis,

DAY 3

8:00-9:30 Morning Practice, Advanced Floor Practices

Sequence analysis and adaptations

9:30- 12:30 Getting Started

Moving forward

Implementation Tips and Tools: Working with Classroom teams,
Administration, Parents.

Creating/ Supporting a classroom and school yoga community

Parent feedback

Review of resources, program supports and manual

Q and A

Closing Meditation