



om yeah yoga movement
MINDFUL PRACTICES FOR EDUCATORS



Om Yeah provides schools with retreats and trainings for teachers, staff, and leadership in the area of wellness. We help teachers thrive and explore practices such as yoga, gratitude/reflection, meditation, and mindful education.

Professional Development Menu

Befriending Stress

Learning to be mindful in your work

Learn what research has to say about making stress work for us, in all aspects and areas of our lives. Practical tools to use in the classroom, therapeutic, or work setting will be offered to implement immediately!

Experiential workshop with part lecture, part exploration. Time: 1 hour.



Compassion Centered Living

Finding compassion in abundance

Learn the benefits of leading, guiding, healing, and teaching from a place of compassion. Explore ideas of loving-kindness, how research supports the practice, and how to weave that into the work we do in schools every day.

Time: 1 hour.

Mindful Movement in the Classroom

Come learn how mindfulness techniques such as attention to breath and movement can fit into your lessons every day! Experience gentle, flowing movement that directly integrates curriculum with relaxation and creativity-enhancing techniques for children. We will explore ideas of how to intuit what kids need, learn simple tools you can bring back with you, and leave with plans to incorporate movement into your work with kids.

Time: 1 hour.

Mindful in the Workplace

Come learn how mindfulness techniques such as attention to breath and movement can be used every day in the workplace! Experience gentle, flowing movement that directly integrates relaxation and emotional/physical body awareness techniques. We will explore ideas of how to intuit what you need at work, learn simple tools you can bring back with you, and leave with plans to incorporate movement, breath-work, and mindful pauses into your work.

Time: 1 hour.

Mindful Toolkit

Learn about tools, techniques, and strategies to use in the classroom/office for yourself and the kids you work with! We will design this workshop to be age-specific (elementary or adolescent) and leave with suggestions you are prepared to use.

Time: 1 hour.

Writing from Within

Exploring gratitude as a practice

Come learn about the benefits of gratitude and how to establish a way to practice regularly. Step out of the rhythm we associate with reflection and re-establish a connection to the gifts that surround and inhabit you!

Journals provided. Time: 1 hour

The Power of Presence

Exploring contemplative practices

Learn about what research is finding in the benefits of meditation. Experience guided relaxation, mindfulness meditation, and learn tools to begin a personal meditation practice.

Time: 1 hour

Seasonal Self-Care Rituals and Routines

Using food and routines to optimize health and well-being

Learn how to plan and prep for your busy week at school. Learn about attuning to seasonal food and routines that will fuel your body during the school day. We will explore how to choose and prep wisely so you can feel awesome throughout your entire work day.

Time: 1 hour

Trauma Sensitive Movement

Learn techniques to use with staff and students that feels safe for all

Movement and body awareness can trigger stories we have stitched into the fiber of our being. Learn what shapes and prompts help all bodies and minds feel safe and empowered. Time: 1 hour

R&R : Regulate and Reset

Using the senses to reset our minds and bodies after upset

Have you ever feel your heart race after an encounter with a child or colleague?
Have you had to “move on” with your day, despite a chaotic interaction or class?

Learn how to pause to cleanse your heart, mind, and body and gain skills to release the tension you pick up throughout the day.

Time: 1 hour

Lessons from the Labyrinth

Walking Meditation

Come learn how the winding path of a labyrinth mirrors our experiences in life and use this movement as a tool for contemplation, reflection and acceptance.

Forest Therapy

Mindful Practices in the Woods

Use your five senses to explore practices in the outdoors! Experience the calming and regulating benefits of engaging with nature while considering options for thinking outside the box and walls at school. Time for personal exploration and idea generation within teams and communities. Part indoor/part outdoor.

If more than one workshop/presentation is selected, package price options are available. We do not want cost to be prohibitive so please let us know how we can serve you and your community best. Customary reimbursable expenses for travel will be additional.



Thank you for your interest in our program! The shift toward happier, healthier teachers and classrooms can begin here!

About OM YEAH Founder, Betsy Delzer:

Betsy has been an educator in Middleton Cross Plains School District since 2001. She has been certified through Street Yoga (a trauma-informed yoga training) and completed her 200 hour yoga training through Inner Light Studios in Milwaukee, an Integrative Yoga Therapy program. She has been trained in Mindfulness Based Stress Reduction as well as a variety of mindfulness curricula for kids and adolescents including Mindful Schools, Growing Minds, and Learning to Breathe. She has taught yoga to educators since 2012 and founded a wellness movement in education, bringing mindful practices to schools. Om Yeah Yoga Movement is in the Middleton-Cross Plains School District, throughout Wisconsin in Wauwautosa, Waunakee, Chippewa Falls, Germantown, LaCrosse, Appleton, Baraboo, and as far as

the Twin Cities (MN) and Seattle Public Schools. Betsy has stepped out of the classroom and continues her work in MCPASD as the Mindful Practices Specialist, a position to offer staff support in the area of stress reduction, resilience, self-care, and mindful practices for personal and classroom application.

Testimonials from School District Administrators

➤ *Thanks Betsy - it was amazing - thanks for working with us! Thanks to your skills, many more people are becoming aware of the benefits of mindful practices.*

- *Middle School Principal*

➤ *[Guided Meditation] has been incredibly helpful for the groups with whom I work, science and world language so far. The scripts have been perfect. We love how you are bringing in aspects of the content area to tailor the activity to their roles, but I also love the idea that you have them honoring their choice to become educators. This celebrates the successes and acknowledges the challenges in education, as well.*

- *Director of Secondary Education*

➤ *You did exactly what we had hoped. You are the best!! We will continue to have you come and work with various groups throughout the year.*

- *Assistant Superintendent*

- *Never before have I felt so confident about the long-reaching impact we can have on each others' well-being and the well-being of our students.*
- *Elementary School Principal*

After one year of implementing the OYYM Curriculum and receiving three Professional Development workshops:

- *When our school began this journey, even if I had an unlimited budget to address the health and well-being of students and staff, and could ensure the sustainability of the long-term benefits of Mindfulness in schools, I would never have estimated how invaluable this has been. It has allowed staff members to address their stress in healthy, transformative ways. Consequently, our students have been validated, listened to, and supported in making positive changes in their behavior. Behavioral referrals have significantly decreased, however more importantly, now the children and adults in our school truly listen to one another and respond to one another's needs. The time spent recognizing emotions and practicing ways to acknowledge and shape them has changed how we relate to one another within our school culture. I am convinced it has been integral to our ability to nearly eliminate the achievement gaps between all categories of learners in our school.*
- *Principal, Milwaukee, WI*

