

# SRC NEWSLETTER

Skagway Recreation Center (SRC)

Volume 13 Issue 4

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## KIDS YOGA

### 20 HOUR TEACHER TRAINING

Kids are natural Yogi's because of their "in the moment" attitude, innate flexibility and unlimited potential for growth. And just like adults, yoga positively affects a child's overall health, well-being, and self-confidence. Kids Yoga encourages children to use their bodies, minds and intuition through movement, play, imagination and creative expression to not only educate their entire beings, but to also develop mindfulness, body awareness, self-acceptance and self-love.

If you have kids or work with children on any level, you can positively affect the health, well-being and confidence of our next generation by taking this training. Learn how to offer playful Yoga poses, animated breathing exercises and nourishing relaxation techniques using music, crafts, books, props and educational and sensory elements to create a unique learning experience at home or in the classroom. Whether you are a parent, a school teacher, yoga teacher, or a professional child caregiver working at a day care facility, afterschool program or a summer camp this training is for you!

What YOGA can do for our next generation:

- Develop strong, flexible, healthy growing bodies
- Increase concentration, balance and body awareness
- Develop confidence and self-esteem
- Spark creativity and ripe imaginations
- Cultivate a peaceful, relaxed state of body and mind
- Acquire the tools for stress management
- Encourage peer and social interaction
- Exercise self-reflection and tolerance towards others
- Make anatomy, health and environmental awareness fun!

**Date:** May 24-26 **Time:** 10<sup>am</sup>-6:30<sup>pm</sup>

**Location:** SRC Yoga Room

**Cost:** \$375 **Yoga Alliance CEU's:** 20

**Registration:** [reccenter@skagway.org](mailto:reccenter@skagway.org)

## ABOUT THE TEACHER



Kelli Mae Willis is a master Kids Yoga Teacher and has been working with children since 1999. After training in Hatha Yoga in India in 2007, Kelli Mae developed her skills in Kids Yoga with a CircusYoga certification in 2009. She is a Registered Children's Yoga

Teacher with Yoga Alliance (RCYT), and she also has teaching certifications in AcroYoga, Prenatal and Postnatal Yoga (RPYT), Vinyasa and Restorative Yoga (E-RYT 200), AcroYoga Fit, and AcroYoga Family and Yoga for Schools with YAMI Yoga. Kelli Mae is a certified Waldorf teacher and has spent several years integrating Yoga elements into Waldorf early childhood and middle school classrooms. She is the Kids & Family Yoga Coordinator for True Self Yoga in Olympia, WA, where she lives with her family.

Kelli Mae's range of experience allows her to tailor her classes and Teacher Trainings to audiences of many ages and abilities. She loves helping children develop into healthy adults, reminding adults how to play like children, and supporting loving communication across generations. She invites students to feel strong, listen to their inner wisdom and never take life too seriously. While Kelli Mae greatly enjoys teaching children and families, she also relishes opportunities to share her skills with fellow Kids Yoga teachers, adult Yoga teachers, educators and parents.

Kelli Mae is a curriculum developer for the Yoga and Mindfulness Institute (YAMI Yoga), and currently leads trainings for YAMI's RCYT 95 hour program. Her latest project is creating and leading a Teacher Training for Yoga with Babies and Toddlers, which includes child development, mindfulness, and communication tools that work! Kelli Mae is passionate about understanding the mind and body of the child in order to make working with children exciting, easy, and engaging.

***Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.***

## *Annual Spring Community Sale*

*Saturday, May 4: 10am-5pm*

*Sunday, May 5: 1pm-3pm*

**Donations for the sale will be accepted starting at 1pm on Sunday, April 28.**

**We will stop taking donations at 9pm on Thursday, May 2.**

We are only accepting items in good or excellent condition. All donations must be inspected by a staff member.

Staff members have the right to turn away any donation not deemed acceptable which includes but is not limited to the following:

**TELEVISION SETS    STEREO SYSTEMS  
COMPUTERS    PHONE SYSTEMS**

**WIRE HANGERS**

**SMELLY, STAINED OR TORN**

**CLOTHING AND LINENS**

**OLD WORNOUT FOOTWARE-**

**ALL FOOTWARE MUST BE IN EXCELLENT CONDITION-  
BARELY USED OR NEW**

**ITEMS WITH MISSING PIECES OR PARTS  
PRINTERS AND INK CARTRIDGES**

### **HELP**

VOLUNTEERS ARE NEEDED TO HELP SET UP AND TAKE DOWN THE SALE. MUST SIGN UP AT FRONT DESK OR CALL 983-2679

GET A FREE ONE MONTH MEMBERSHIP FOR HELPING WITH CLEAN UP SUNDAY 3-6 PM—LIMITED TO 5 SO SIGN UP EARLY!

VOLUNTEERS HELPING WITH SALE HAVE THE OPPORTUNITY TO SHOP EARLY ON FRIDAY..

PLEASE DO NOT LEAVE ITEMS  
OUTSIDE THE DOORS OR IN FRONT  
LOBBY OR USE OUR DUMPSTER

## **ROCK CLIMBING AT THE SRC**

Want to use the Rock Wall this Summer? GREAT! But first you have to get Belay Certified by one of our staff members. If you know what you are doing then show us. If you have never climbed before, that's okay! We will show you the ropes in a fun and friendly environment and get you set up so you can come in and climb whenever you want!

**EVERY WEDNESDAY IN APRIL**

**Belay Instruction: 6—7:30 pm**

**Belay Certification: 7:30—8 PM**

A sign up sheet is available in the front entrance or you can call us at 983-2679 so we know you are coming. If you are unable to make any of these classes please let us know so we can try to schedule an alternative time.

The fee for the instruction class is free to members and \$8 for non-members. The belay check fee is \$10 for everyone. Harnesses, climbing shoes, chalk, ATC's and locking carabineers are available for use for the class and for members all season. Non members must pay an additional fee of \$10 per use. *Please be reminded that all climbers must renew annually! NO EXCEPTIONS!*

## **The Skagway Recreation Center**

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