

IYK® PEAK PERFORMERS WORKSHOP SYLLABUS

Specializing is putting student athletes and performers at risk. To prevent injuries, develop the mental focus required for peak performance and maintain the love of the game, yoga balances competitive activities that can be hard on the growing body and mind.

In this 2-hour course, coaches and instructors will:

1. Explore the science, psychology and philosophy of movement, meditation and mindfulness for all ages and abilities
2. Gain a solid understanding of working safely with youth and adolescent bodies and brains
3. Discover movement and mindset techniques for preventative and prescriptive situations on the field, court, pool, studio or stage

You will leave with practical skills to:

- **Shift From Breakdown to Breakthrough:** Learn to address stress and performance anxiety with real-world tools and inspiring insights to self-regulate and find more joy and purpose in your work.
- **Reduce Behavioral Challenges:** Gain a deeper understanding of how stress and emotional dysregulation impact student athletes and performers, and uncover effective strategies to foster a proud and productive learning environment.
- **Boost Student Engagement:** Discover exercise and energy management skills to maximize endurance and create meaningful connections with kids that inspire them to be helpful teammates and engaged leaders.
- **Feel Empowered:** Avoid burnout and walk away with fresh ideas, practical solutions, and a renewed sense of confidence to face fears with courage and overcome challenges with clarity and optimism.