

## Bryan Carey



Carey has been teaching for the past 11 years to a broad cross-section of the population and in a variety of settings, including schools, senior citizen centers, art centers, yoga centers, churches, YMCA's, health and fitness facilities, and diet and nutrition centers. He recently founded Patanjali's Place (a community yoga space) and now offers yoga and finger painting programs to schools through CAPS.

[www.patanjalisplace.com](http://www.patanjalisplace.com)

### **East Meets West: Yoga for Kids/Yoga for Teens/Yoga at Any Age – Residency/Workshop** **Grade(s): Pre-k - 12**

The purpose of this residency/workshop is to expand broad social tolerance through a deeper awareness of East Asian thought by increasing knowledge of Indo-European culture. Incidental to the students intellectual understanding, participants will learn Sanskrit yoga terminology, deepen mental stillness, concentration and awareness and enhance overall physical health through traditional yoga postures (asanas) and breath (pranayama). During the residency, students will learn introductory yoga poses and a variety of breathing techniques. Participants will hear the story of Patanjali, the historical figure that is credited with identifying the fundamental principles and practices of the ancient yogis 2300 years ago. Practitioners will learn his approach to yoga as a medium for mastery – mastery of mind, breath, body and most importantly life.

**Residency length:** 1 – 6 (contact hours or sessions)

**Workshop length:** 1.5 hours

**Special Requirements** (*Accessibility accommodations, space requirements, equipment and all other needs that should be met by sponsors*):

- Well lighted and ventilated room, CD player, Individual towels or yoga mats for students
- **Maximum 30 students per residency or workshop**

**Availability:** Year round

**Curricular Connections:** Social Studies, Healthful Living, Guidance

**Residency Cost:** \$ 375 (3-session residency)

**Workshop Cost:** \$ 185



**Yoga for Kids - Performance**

**Grade(s):** Pre-k – 6

**Special Requirements/Curricular Connections:** see above

**Performance Cost:** \$300

Contact the CAPS office: [sadams@durhamarts.org](mailto:sadams@durhamarts.org) or (919)560-2718 to request programs with Bryan Carey or fill out an online request form at: [www.durhamarts.org/caps\\_onlineform.html](http://www.durhamarts.org/caps_onlineform.html)