



Jie Man

HATHA yoga | KIDS | SENIORS

**250 HOURS CERTIFIED YOGA TEACHER,
REGISTERED KIDS YOGA TEACHER, YOGA FOR SENIORS
OWNER OF PANDA YOGA VANCOUVER**

TRAININGS

Kids' yoga teacher training 95 hours

with Jaqueline Maloney
Semperviva, Vancouver
2016

Certified Yoga teacher training 250 hours

Langara College, Vancouver
2015

Kids' and prenatal yoga workshop

with Lori Lucas
Langara College, Vancouver
2015

Restorative yoga workshop

with Lori Lucas
Langara College, Vancouver
2015

Chair yoga workshop

with Angie Ackerman
Langara College, Vancouver
2015

Yoga for trauma

with Nicole Marcia
Langara College, Vancouver
2015

Chakra, Meditation workshop

with Swami Mahesh
Langara College, Vancouver
2014

ECE Certification

Collège Éducentre, Vancouver
2014

PROFILE

I am a licensed 250 hrs yoga teacher graduated from Langara Yoga Teacher Training program; besides I am also a licensed early child educator and a registered kids yoga teacher. My kids' yoga teaching experiences make me believe that, regular yoga practice can help children to increase their self regulation skills and to be mindful about their behaviors, thoughts and emotions. Bilingual yoga classes (French and English) offer children the opportunity to learn a second language more efficiently through play, singing, dancing, moving. I believe yoga is accessible to any age, any body.

TEACHING EXPERIENCE

Yoga for kids (K-7) (French & English bilingual program)

- École Jules Quesnel Elementary - since 2016
- Queen Elizabeth Elementary - since 2018
- École André-Piolat, Vancouver - since 2016
- École de la Rose des vents - since 2018
- École Anne Hébert et Annexe Maquinna, Henderson - since 2018
- East Hasting Community Elementary - since 2019

By attending the yoga classes (30-45 mins) during school hours, lunch break, children learn age appropriate methods of breathing, relaxation and meditation, also yoga postures. Children learn to self regulate their emotions, to better understand the connection between their body, mind and emotions. The programs are available in different durations such as: 10 days intensive (1 class/d), 8 weeks (1 class/w), 16 weeks (1 class/w), or through all school year.

After school Yoga (K-7)

- La prématernelle Trottin Trottinette (L'école André- Piolat) - since 2016
- Les copains (L'école de la Rose des vents) - since 2018

By attending the yoga classes (an hour), children learn basic yoga knowledges such as self care, social emotional skills to support healthy living and healthy being. During the class, children have time to slow down, to connect, to build friendship through game, discussion, dancing, partner yoga; to explore their inner world by painting and journaling. After school yoga offers children tools to cope with stress in their daily life.

Yoga for preschoolers (2-5 years old)

- La prématernelle Trottin Trotтинette - since 2016
- St-James daycare - since 2017
- Tartine au chocolat - since 2018
- Franc départ - since 2018

Morning yoga and afternoon yoga practice help younger kids to begin a new day with calm and positive energy, finish their day with sense of peacefulness and joy. It helps to enhance their ability to focus and increase their physical and mental strength. Each theme of yoga class is designed to match preschool teacher's curriculum needs, it offers children a unique opportunity to learn new English and French vocabularies, and motor skills by practicing yoga.

Yoga for teachers (teacher appreciation class)

- La prématernelle Trottin-Trotтинette - 2016
- L'école André - Piolat - 2016

During the lunch break, the 30 mins restorative yoga class is designed to help schoolteachers to restore and relax their body and mind. It's safely guided to support any body, any age through a series of energizing and restoring asanas, breathing methods and meditation.

PROJECTS

Anti-bullying Yogathon 2016

- École André Piolat, February 24th, 2016

During the Anti-bullying day, over 400 children in the school André Piolat practiced yoga and learned Ahimsa, the knowledge of non-violence and kindness in yoga practice.

Strong start- Yoga 2-5 years old (Early French immersion class for parents and children)

- Franc-Départ at École Anne-Hébert: Fédération des parents francophones de Colombie-Britannique March 2016

Discover the magical land of Yoga in French. By attending this yoga class, children and parents will do fun yoga games, dance, sing and learn simple method of breathing in French. Parents learned also how to increase children's enthusiasm to practice yoga in their daily routine.

Tedx Kids B.C - Regenerate 2016

Offered 10 minutes relaxation yoga session to 500 spectators during the energizer part of the event.