



Jennifer Schwester

Jennifer Schwester, a.k.a. jennyzenyoga, has been providing yoga services and trainings to many underserved populations for two years, including special needs adults, senior citizens, first responders (Police, Fire, EMS, and Dispatchers), and her high school French classes. Jennifer brings her 21 years experience as a French teacher (BA, Montclair State University) to the mat. She has been practicing yoga for the past 6 years and expanded her practice by becoming a Registered Yoga Teacher (RYT-200). She is also an Ambassador for Yoga For First Responders.

She has presented Mindfulness, Meditation, and Chair Yoga workshops for various school districts as well as FLENJ (Foreign Language Educators of New Jersey), NJEA (New Jersey Educators Association), AATF (American Association of Teachers of French), and most recently at NECTFL (Northeast Conference on the Teaching of Foreign Language). She has also presented the Yoga for First Responders protocol at the National EMS Conference.

When Jennifer is not at high school or on her mat, she is walking her dog in the fresh air and at the beach! You can find her online at www.jennyzenyoga.com and on facebook at jennyzenyoga.

MINDFULNESS FOR THE WORLD LANGUAGE CLASSROOM



Schedule:

9:00-9:30	Registration/Coffee
9:30-9:45	Welcome/Announcements
9:30-10:45	Session I
10:45-11:00	Break
11:00-12:15	Session 2
12:15-12:30	Q&A; Raffle



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Philadelphia Area Spanish Educators

PASE is dedicated to serving the community of Spanish teachers in the Philadelphia metropolitan area and Southern New Jersey. Our members teach in both public and private school settings, from kindergarten through University levels. For over 25 years, our mission has been to foster the professional development of our members and to facilitate the interchange of ideas through our conferences and social events. Find out more by visiting us on the web: www.thepase.org



Mindfulness for the World Language Classroom



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**Spring Conference
March 13, 2020
Chestnut Hill College
Philadelphia, PA**

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