

POISED for PROFICIENCY

*DC Edition w/ **Justin Slocum Bailey**

promote calm
attention
comprehension
memory
endurance
community
& joy

Registration
\$135 Early Bird
\$165 from March 23

March 30-31

9:00-3:30 BOTH DAYS

Woodrow Wilson HS

Washington, DC

MIND, BODY, & VOICE

skills for language teachers

indwellinglanguage.com/poised-in-dc

“The movement! The hacks for staying in flow—so needed!”

“Justin’s enthusiasm and sense of humor were amazing!”

“The best professional development workshop I have ever attended.”

“I learned by experience that I really can do this!”



Peace and Poise in Every Aspect of Teaching & Learning

Extending awareness and control of our minds, bodies, and voices boosts the effectiveness of **everything that teachers do**, from planning and implementing instruction to interacting with students, parents, and colleagues. But many teachers are intimidated by the idea of using their minds, bodies, and voices in new ways, or simply have no idea where to begin. Drawing on Justin’s background in **acting, teaching, coaching, martial arts, and mindfulness**, this workshop offers a relaxed setting for teachers to see and practice concrete mind, body, and voice skills that promote **calmness, attention, comprehension, memory, management, and community** among students, as well as teachers’ own **health and longevity**. Between hands-on practice of the techniques, low-key dramatic and improvisational games will help participants become more comfortable using their bodies and voices in new ways. **All techniques are modifiable** based on ability or comfort—everyone will come away with practices they can start using immediately!

*“If everyone taught language like Justin Slocum Bailey,
we would have a world of self-directed polyglots.”*

~ **Evan Gardner**, language revitalization expert and activist, inventor of *Where Are Your Keys*