

**Children's Wellness Conference**  
**St Mary's Greek Orthodox Church, Minneapolis**  
**Thursday, August 12**

**8:00 – 8:50 am**

**Rise & Shine - Morning Yoga**  
**with Jim Gillen, BS, RYT-500**

You deserve it! Take a moment for yourself and stretch out those hips and shoulders and restore your spirit with a with a pre-conference yoga class. Jim's class features a flowing yoga warm-up, core strengtheners, breath work for relaxation and yoga therapeutics so everyone can participate.

**Jim Gillen** is the cofounder of Yoga Calm and director of Still Moving Yoga in Portland, Oregon. He is a registered yoga teacher, Anusara-inspired yoga instructor, ACE group fitness instructor and member of the International Association of Yoga Therapists.

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**9:00 – 9:50 am**

**Student Success through Yoga Calm and Social Emotional Learning**  
**with Kate Houghton, MA LSC**

Social Emotional Learning (SEL) is essential to a student's success. Evidence shows that schools that implement SEL programs with fidelity see an 11% point increase in reading and math standardized test scores. By incorporating SEL into a school's comprehensive education plan the entire community benefits: improved academic success, stronger adult-child relationships, more positive peer relationships, increases in pro-social skills and decreases in risky behavior. Learn how to integrate and align Yoga Calm with SEL standards to positively affect your children. Participants will leave the session with the information needed to bring implement SEL programming school-wide.

**Kate Houghton**, is a certified Yoga Calm instructor, licensed school counselor and Program Facilitator with the Minneapolis school system. She has been mentoring youth for over 13 years and combines her passion for yoga with a fun, holistic, encouraging approach.

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**10:00 – 10:50 am**

**The Attentive Mind (video presentation)**  
**with Jeff Sosne, PhD**

Attention is the gateway to learning. The ability to engage, shift and sustain attention is central to academic and social success. Yet despite increasing concerns about inattention in our classrooms, teachers lack the information and strategies necessary to help their students. In this one hour sampler of Jeff's upcoming fall course, we will discuss the nature of attention, strategies that facilitate it and factors that are toxic to a child's ability to focus.

**Jeff Sosne** is a clinical Psychologist and Director of The Children's Program. Dr. Sosne is widely recognized as one of Portland, Oregon's leading authorities on ADHD. He is the author of two practical guides for parents and school personnel – *The ADHD Notebook* and *The Anger Notebook* – and teaches the ADHD: The Mind/Body Connection workshop for Yoga Calm

**11:00 – 11:50 am**  
**Tools for Grieving Children**  
**with Lynea Gillen, MS**

Children carry grief in their bodies, hearts and minds in the same way that adults do, but they process it in different ways depending on their age level. In this session we will discuss how to create an environment for children that allows them to express their grief through movement, art and story. Yoga Calm activities and children's books that help with loss, including Lynea's new book, will also be explored.

**Lynea Gillen** is the cofounder of Yoga Calm and a school counselor in Estacada, Oregon. She will be publishing *Grief: A Little Book of Comfort* this fall.

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**12:00 – 1:30 pm**  
**Provided Lunch**  
**Catered by Starla & Robin Krause**

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**1:30 – 2:20 pm**  
**Kids Cook Classroom**  
**with Starla & Robin Krause**

Learning how to grow, cook and eat nutritious food can improve children's health and learning, develop positive lifelong habits and connect schools with their local communities. Learn how to make a difference in your school and community with one of the key issues of our age – food!

**Starla & Robin Krause and Susan Telleen** are the creators of Kid's Cook, which started as an after school program at Loring Elementary School. Kids Cook was designed to teach children how to make healthy meals with fresh seasonal and nutritional ingredients. Through the program, 4th and 5th graders raise produce in the school garden, harvest the food, prepare meals, and invite the entire community to their "neighborhood feasts." More than 300 students and families have participated so far.

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**2:30 – 3:20 pm**  
**Love, Knowledge & Action – Connecting Children to the Environment**  
**with Lynea & Jim Gillen**

Learn how to use yoga, eco-psychology and fun environmental education activities to help us reconnect with the natural world and develop hope and creativity to respond to our changing world.

**Lynea Gillen** is the co-founder of Yoga Calm and has taught environmental education at Willowbrook Summer Camp and at Outdoor School.

**Jim Gillen** is the co-founder of Yoga Calm and former co-principle investigator for the Green City Data Project, a National Science Foundation-funded after-school environmental education program that trained over 1200 students and teachers in how to protect urban natural areas.

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**3:30 – 4:20 pm**

**Yoga Calm for Families**

**with Kathy Flaminio, MSW, RYT-200**

Learn how to use Yoga Calm with families, creating a class that encourages communication, respect and fun. Participants will experience a family class that uses the calm-activate-calm cycle and then will develop their own family class based on an integrative theme.

**Kathy Flaminio** is a school social worker and yoga instructor in Minneapolis. As a Yoga Calm Trainer, she has implemented the Yoga Calm curriculum in dozens of Minneapolis public schools. Kathy is also a group fitness instructor and has recently released her first CD, *Ignite*, a total mind-body workout for bike spinning.

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**4:30 pm Conference Concludes**