

# Children's Wellness Conference Still Meadow Retreat, Carver, OR

Wednesday, June 23

**8:30 – 9:20 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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**9:30 – 10:20 am**

## **Food for Thought** with Michelle Markesteyn Ratcliffe, PhD

Changing school food can improve children's health and learning, develop healthy 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!

**Michelle Markesteyn Ratcliffe** is with the Oregon Department of Agriculture where she directs a wide-range of initiatives that promote farm to school programs, that enable schools to feature healthy, locally sourced products in their cafeterias, and that provide students with food and garden-based learning opportunities. She was instrumental in creating the Oregon Farm to School and School Garden Network and successfully promoted farm to school legislation that changed policies and practices within the state of Oregon.

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**10:30 – 11:20 am**

## **Yoga – 1, 2, 3!** with Carrie Green, BS

Incorporate Yoga Calm into the pre-school classroom with lots of visuals, props and ideas. Carrie leads you through a sample lesson so you can see how fun and easy it can be. Class plan provided.

**Carrie Green** is a Certified Yoga Calm Instructor with more than 20 years of providing services to children and families. Her background features extensive work in Early Childhood Education program/curriculum coordination and case management. Carrie works at Neighborhood House, Child Care Improvement Project where she facilitates ECE trainings and workshops that use Yoga Calm to build stronger relationships within families and give teachers support by facilitating yoga time in their classrooms.

**11:30 – 12:30 am**

**Is It Working? What to Look for in a Program Evaluation  
with Jack Hollis, PhD**

Teachers and counselors are under increasing pressure to show convincing evidence that any new program innovation produces benefits, but few have the training, time, and resources to conduct credible evaluations. Dr. Hollis will provide guidelines for how to recognize the strengths and limitations of different kinds of evaluations. He will then work with conference participants to identify potential outcome measures and evaluation designs to help you assess the value of what you do.

Dr. Hollis is a Senior Investigator at the Kaiser Permanente Center for Health Research and a clinical associate professor at Oregon Health Sciences University. He has more than 30 years' of experience doing research on disease prevention and health behavior change. He has been the principal investigator for many large NIH-funded studies of health-related lifestyle change dealing with teen and adult tobacco use, stress management, and weight control. He received his Ph.D. in social psychology from the University of Texas in 1975.

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**12:30 – 2:00 pm**

**Provided Lunch**

**Optional Lunchtime Group**

**Meeting American School Counseling Associations Standards  
with Anna Thedford, MA**

Join Anna over lunch to hear how to incorporate Yoga Calm into your counseling work and meet ASCA standards. Learn how to developing lesson plans using Yoga Calm activities that are specifically geared towards the four domains: Learn to Learn, Learn to Live, Learn to Work and Learn to Contribute.

**Anna Thedford** is a Certified Yoga Calm Instructor and school counselor. She has over 10 years experience working with special needs youth in a variety of settings and interned with Lynea Gillen. She has been working as a school counselor for the last three years while implementing Yoga Calm in classrooms, small groups and private practice.

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**2:00 – 2:50 pm**

**Love, Hope & Action – Connecting Children to the Environment  
with Lynea Gillen, MS & Leah Shuyler, MA**

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. Review copies of Yoga Calm's new environmental education handbook will be made available.

**Lynea Gillen** is the cofounder of Yoga Calm and a school counselor in Estacada, Oregon.  
**Leah Shuyler** interned with Lynea and co-developed the Creating a Sustainable Future: Integrating Wellness & Environmental Education Workshop and handbook.

**3:00 – 3:50 pm**

**Prop Based Processing**  
**with Jeff Albin, BS, CDP**

Processing and reflection helps young yogis connect their practice to everyday life. Teachers recognize the value of reflection and processing but may sometimes find that facilitating it is one of the more elusive aspects of group work. This interactive session focuses on providing you with a variety of innovative reflection tools and approaches that will dramatically improve your ability to turn teachable moments into profound personal insights and lasting lessons. Liven up the traditional sharing circle with active new ways to engage groups in dialogue. Learn ways to use metaphor to create meaning. Come and experiment with an interesting array of methods that meet a wide range of learning styles. Leave with new processing tools, activities and ideas to add to your facilitation.

**Jeff Albin** is a Certified Yoga Calm Instructor and presently works as an Intervention and Prevention Specialist for ESD 112 in rural Washington schools. His rich and varied background includes over 10 years running a high ropes course, owning and operating his own sea kayaking business, co-leading the first joint USSR/USA kayak expedition in the former Soviet Union and extensive wilderness and survival skills experience. Jeff claims to have forgotten more activities than most people will ever learn! Perhaps that's why he wrote: *Changing the Message: A Handbook for Experiential Education*

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**4:00 – 5:00 pm**

**Yoga Renewal - Afternoon Yoga**  
**with Jim Gillen, BS, RYT-500**

Integrate the day's activities, release tension and start the process toward healing. Jim's classes are an artful blend of Anusara Yoga alignment principles, restorative yoga and postural re-mapping to engage the body's innate intelligence and healing ability. The use of props and breathing techniques in this session also supports total relaxation, pain relief, blood flow and the gentle opening of chronically tight muscle groups. Blankets, poetry and soothing music add the final touch, allowing you time to sink into yourself, gently opening the body while recharging your "batteries." All levels.

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**5:00 – 6:00 pm**

**Informal Reception**

Get to know your other conference attendees and reflect on the day's activities with some delicious appetizers and refreshments.

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**8:30 – 9:20 am**  
**Rise & Shine - Morning Yoga**  
with Jim Gillen, BS, RYT-500

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**9:30 – 10:20 am**  
**The Attentive Mind**  
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.

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**10:30 – 11:20 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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**11:30 – 12:30 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.

**2:00 – 2:50 pm**  
**Contemplative Education**  
**with Rob Roeser, PhD**

Learn about the Dalai Lama's research initiative to support mindfulness and compassion in our schools and how practices like yoga and mindfulness meditation can be skillfully integrated into school settings in an effort to reduce stress, enhance well-being and cultivate self-regulatory capacity among educators, staff and students alike.

**Robert W. Roeser** is an Associate Professor in the Department of Psychology at Portland State University and the Education Coordinator for the Mind & Life Institute. He received his PhD from the Combined Program in Education and Psychology at the University of Michigan and holds master's degrees in religion and psychology, developmental psychology and clinical social work. In 2005, he was a United States Fulbright Scholar in India.

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**3:00 – 3:50 pm**  
**Yoga on the Ropes**  
**with Jeff Albin, BS, CDP**

Yoga and adventure-based counseling, as well as high and low ropes courses, share many common features and values. This workshop with Jeff Albin helps students connect the dots between active adventure learning and Yoga Calm. Participants will learn a variety of classroom-based group challenge initiatives using only the standard yoga equipment of mats, blocks and straps. The workshop also includes activities requiring no props at all. Activities are designed to be accessible and adaptable for all ability and experience levels

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**4:00 – 5:00 pm**  
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**5:00 pm Conference Concludes**