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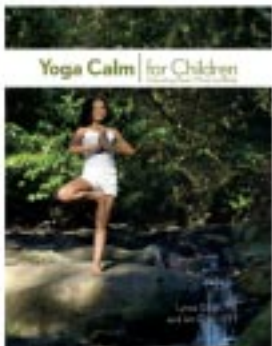
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**Yoga Calm®
for Children:**

Educating Heart,
Mind, and Body

ISBN 978-0-9799289-0-1
\$29.95, Softcover
181 pages, 8.5 x 11 inches
www.yogacalm.org



Today's Children – Over-scheduled, Over-stimulated ... and Over-stressed

Children today are over-stimulated, over-scheduled and overwhelmed. This naturally leads to a lot of stress. Jim and Lynea Gillen, through their combined years of teaching yoga and working with children in schools, have seen the results.

Our fast-moving society created this environment; now we need to offer our youth some relief. While searching for a solution, the Gillens thoroughly researched the subject, then built a program they call Yoga Calm® that is effective in helping kids find new physical, mental and emotional strength — and subsequently provides new-found control in their lives.

The Gillens' innovative workshops, and now their new book *Yoga Calm for Children* (Three Pebble Press, \$29.95 pb) teach children (from preschoolers to teenagers) the keys to restoring physical and mental balance, building social skills and creating life-long fitness habits.

Yoga Calm for Children can be used as a handbook for all adults who touch children's lives, such as teachers, counselors, occupational therapists, parents and caring adults. The book features more than 60 easy-to-understand activities to help teach children how to develop self-control, concentration and imagination, as well as the physical fitness that is so often missing in their stressed-out lives.

Yoga Calm has also been called "emotional first aid" for effectively dealing with children's strong feelings that can arise in the classroom and other settings. In their richly illustrated, beautifully photographed book, the Gillens offer time-tested advice and endearing stories of the resiliency, depth and innocence of children.

Now more parents and educators throughout the United States can discover the benefits of the *Yoga Calm* techniques and put them to use in educational, counseling and home settings as a way to nurture, support and educate the whole child. Taking just minutes a day, the yoga exercises address the needs of today's children to find an antidote to everyday stress.

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To request a review copy of *Yoga Calm*, to schedule an interview with either or both of the Gillens, or for any additional information, contact Kate Bandos, KSB Promotions, kate@ksbpromotions.com or 800-304-3269. Learn more at www.yogacalm.org. Books are available at your favorite bookstore or online.

Yoga Calm for Children helps them:

- Learn how to relax, nurture and regulate emotions
- Increase physical fitness, self-confidence and self-esteem
- Improve concentration and imagination
- Improve subject retention and test scores
- Enhance communication, trust empathy, teamwork and leadership skills
- Develop the ability to make healthy life choices



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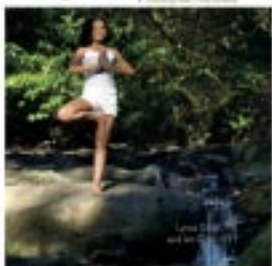
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About The Authors

Lynea Gillen, MS, is the co-founder of Yoga Calm, a school counselor in Estacada, Oregon, a registered yoga teacher (RYT-200) and an adjunct faculty member at Portland State University. She has been practicing yoga since 1973 and has over 30 years of experience as a schoolteacher and counselor. Lynea holds a master of science degree in counseling in education from Portland State University. She has trained hundreds of school teachers, yoga teachers, parents and counselors in Yoga Calm and has presented Yoga Calm for Children methods at conferences in several states.



Jim Gillen, RYT, is the co-founder of Yoga Calm and director of Still Moving Yoga in Portland, Oregon. He is a registered yoga teacher (RYT-500), Anusara Inspired yoga instructor, ACE group fitness instructor and member of the International Association of Yoga Therapists. He has been practicing yoga since 1973 and teaching since 1997. Jim graduated with distinction from Colorado State University with a BS in Business Administration. He previously taught and developed youth programs for the National Science Foundation and the National Sports Center for the Disabled. Jim is co-author of numerous education articles. His instructional CD *Yoga Renewal* was released in 2002.



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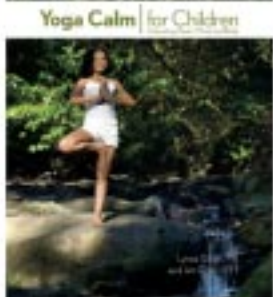
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Sound Bytes from the book

- When children are given the opportunity to come to stillness and share from their hearts, beautiful things begin to happen. They cultivate their own compassion and sensitivity and begin caring deeply for one another.
- New research shows what we have intuitively known for years: that reducing students' stress, developing their social/emotional skills, and enhancing their sense of well-being can benefit not only their health but also their academic performance.
- In our Yoga Calm classes, we are reminded over and over again of the inherent goodness in children. And we become acutely aware of our responsibility as adults to protect, guide, and develop that goodness.
- Because the emotional centers of the brain are very connected to the thinking and learning centers of the brain, we know that people who are better able to control their emotions and moods are more effective learners.
- By stilling themselves, especially in times of chaos and fear, children gain confidence and become more capable of handling conflict, disruption and loss. They begin to create an inner peace that they can draw on at any time.
- Yoga Calm principles aim to equip children with the skills, self-understanding, and self-confidence they need to thrive in the modern world.
- School inclusion, cultural diversity, technology, changing family structures, environmental changes, and the like are driving Western civilization toward a new awareness of our interconnectedness and the important of holistic solutions. At issue is the need to reduce children's stress while balancing academics with more support and training in physical and emotional health.
- We have seen seriously wounded children begin to believe in themselves again. They stand taller, trust their inner instincts, and express their thoughts and emotions with confidence because they have been trained to understand their hearts, minds, and bodies. The ongoing practice has a profound impact on their daily lives.



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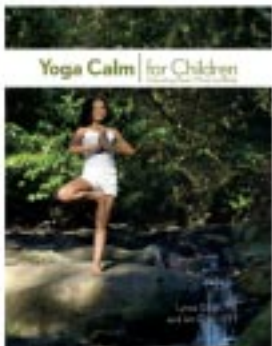
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Sample Book Review

The Gillens have figured it out. Our children are under a lot of stress— school, work, sports, families, friends — our young people are over-scheduled, over-stimulated and overwhelmed.

From disintegrating families to over-crowded schools to time-crunched parents, our children are enduring more and more with less and less support. Not only are homes less nurturing; schools, activities and organizations are changing:

- Scouting, fraternal and religious organizations which once provided activities, social and emotional skills support and comfort are waning.
- Media, including television, Game Boys, Xboxes and DVDs have replaced physical activity, and too much of the content is violent.
- Schools have become the recipients of all the ills of our society, and they are struggling to cope with this changing landscape.

The authors' combination of years of teaching yoga and working with children have produced a terrific collaboration that works to help our kids find new mental and physical strength and provide new-found control over their lives. They have taught kids and teenagers the keys to restoring balance (both physical and mental!), building social skills and creating life-long fitness habits that are so often lacking in today's children – all in short, easy-to-implement sessions appropriate for school, home and therapeutic environments.

This book supports and supplements the Gillens workshops that teach these skills to our young people directly and, more importantly, teach our teachers how to help our children in the school setting and counselors how to help them in the office setting.

Whether you have kids who need your help, are a teacher or therapist wanting a new technique or just want to start building a lifelong habit of the positive effects of yoga, this is the book for you. Both adults and children can benefit from the lessons the Gillens teach.



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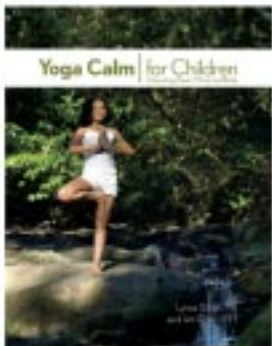
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Book Reviews

“*Yoga Calm for Children* is a guidebook, a step-by-step yoga instruction book, and ultimately a call to action for educators and parents. Yoga Calm sprouted early in the new millennium when Lynea Gillen, a school counselor, began to see a steady increase of students with extreme behavioral issues. Some had been diagnosed with ADHD, others with oppositional defiant disorder. Lynea observed how hard it was for them to sit in a group and share. She felt they needed opportunities to manage and direct their strong feelings and impulses.

Through her own yoga practice and counseling work, Lynea had learned to listen to the body and the heart to find a path toward healing. Lynea labored with her husband, Jim, the director of Still Moving Yoga, to effectively blend the two practices of physical yoga and social/emotional skill building. Today, hundreds of educators are using the techniques of Yoga Calm to effectively meet the physical mental and emotional needs of children. New research shows what the Gillens have known for years, that reducing students’ stress, developing their emotional skills and enhancing their sense of well being benefits not only their health, but their academic performance.”

Inessa Book Club, KINK Radio

“This is truly an invaluable handbook that provides detailed and thoughtful information for counselors and teachers who want to incorporate the enormous benefits of yoga into a standard curriculum. It is also a beautiful expression of how, just by shifting the way we are with children, we can affect their lives.”

Frances Douglass, PhD, School Psychologist

“Yoga Calm is an extremely practical, useful, and well-conceived approach for addressing the diverse needs of both our students and staff. I can genuinely recommend this book to other school districts.”

Dr. Howard Fetz, PhD, School District Superintendent

“This book beautifully illustrates how yoga techniques and philosophy can help children. The thoughtfully conceived exercises are accessible to teachers, counselors, and students alike.”

***Julie Gudmestad, Licensed Physical Therapist,
Yoga Journal Columnist***



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Book Reviews

“Yoga is an important and often unused tool in the quest to offer children and teens protection from the negative effects of stress. *Yoga Calm for Children* offers practical, easy to learn Yoga exercises to help sooth and heal. Great for groups or individuals or as a self-help guide for teens. You will find this book an important resource in your effort to bring calmness to a stressful world.”

**Roger Klein, PsyD., Licensed Psychologist,
Co-author of *Ready, Set, RELAX***

“*Yoga Calm for Children* is one practical resource! The book continually provides actual things you can do RIGHT NOW with children, to help them focus, be more grounded, feel confident in themselves, and relate with the world in a positive manner. ”

**Jude Siegel, Art Teacher,
Author of *Pacific Northwest Nature Sketchbook***

“I have found that by using the techniques described in *Yoga Calm for Children*, especially the breathing and calming strategies, students are discovering what it feels like to be focused, centered and able to concentrate on their school work. The exercises described in the book are a wonderful way to honor children and set a positive tone in the classroom.”

Ilga Paul, Occupational Therapist

“Yoga Calm is an excellent program that complements the services we provide for children. It reinforces the self-control principles we teach in our clinic and empowers the children and their families.”

**Dr. Jeff Sosne
Director, *The Children’s Program***

“This clear, concise handbook provides the tools educators need to better serve the whole child ... Backed up by over 30 years of experience as well as mounds of scientific evidence ... includes notes for integration with regular class work, modifications based on common classroom situations, and complete sample lesson plans. Even the extensive bibliography is sorted for the quickest and simplest access possible.”

**Alicia King
Suite101.com**

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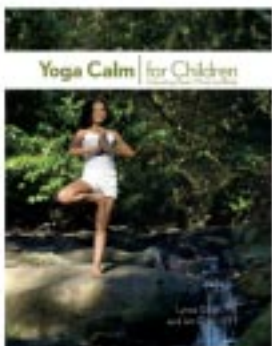
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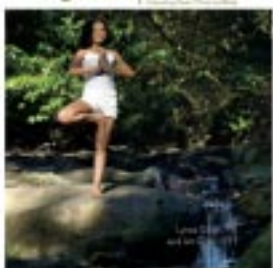
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Interview Questions

- What exactly is Yoga Calm?
- How did you come up with the Yoga Calm concept?
- I understand that schools are one of the primary places for Yoga Calm to be practiced, but the teachers are already overwhelmed. How will this help them do their job better?
- How do the teachers and other professionals learn to implement Yoga Calm?
- How might a counselor use it in their practice?
- In what ways does the book support the teaching of Yoga Calm?
- Tell us a little about what you've found out about how Yoga Calm supports emotional health, academics and physical fitness?
- Besides these benefits, what have you learned/observed about how Yoga Calm helps children develop such areas as emotional balance, self-esteem, self-discipline and other areas?
- Have you tried it with special needs children? And with what results?
- Are there additional references that you can direct people to for more research on this topic?
- Some people still think yoga is a religion. Can you describe what yoga really is and is not?
- Do you have to be "in shape" or know yoga to teach these principles?
- Where can people find your book? How can they sign-up for classes?
- If an educator or other professional listening today has questions, where should they go? How do they get ahold of you?



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In the News

KSTP/ABC (Minneapolis) April 21, 2008 - "Metro schools add yoga to curriculum": Channel 5 News reports on Minneapolis public schools implementation of Yoga Calm in 30 schools with over 400 educators.

KINK Radio (Portland, OR) December, 2007 - KINK Book Club feature: "Yoga Calm for Children is a guidebook, a step by step yoga instruction book, and ultimately a call to action for educators and parents...."

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KINK Radio (Portland, OR) November 13, 2007 - *Speaking Freely* host Sheila Hamilton interviews Lynea and Jim Gillen, the founders of Yoga Calm, about their new book.

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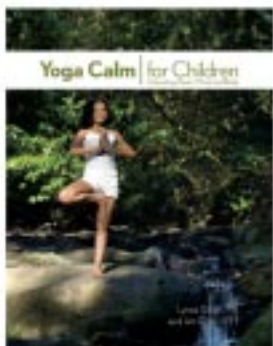
Southwest Journal (Minneapolis) August 27, 2007 - "One, Two, Tree: Yoga in the Classroom": Bridgett Erickson reports on the Yoga Calm pilot program at Jefferson Elementary School in Minneapolis.

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KTNF Radio (Minneapolis) March 24, 2007 - *Education Matters* host Louise Sundin features Yoga Calm's implementation in Minneapolis Public Schools.

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Disney Family Fun (North Hampton, MA) May, 2008 - "Tension Tamers. Family-tested tips and strategies for reducing everyday stress" by Leslie Garisto Pfaff. Lynea Gillen shares effective ways kids can deal with stress.



Delicious Living (Boulder, CO) May, 2008 - Forthcoming article includes Lynea Gillen.



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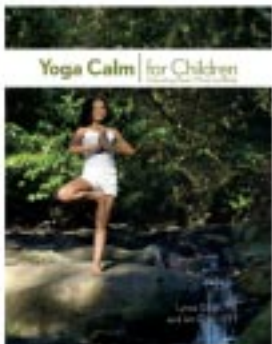
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Why Yoga Calm for Children Is Unique

Most yoga for kids books are for home use with young children. These books typically reduce the vast field of yoga into simplified stretches, games and concepts, and in some cases contain religious and spiritual references. *Yoga Calm for Children* is different. It was designed specifically for schools and today’s children by directly addressing the role of children’s stress, behavior management and the importance of social/emotional skills as a prerequisite for learning.

Yoga Calm for Children was also tested in the classroom and peer reviewed for applicability in a broad range of professional fields including counseling, teaching, psychology, nursing and physical and occupational therapy. Each pose selection features tips for developing social and emotional skills, adaptations for diverse student needs and key alignment and safety concepts – vital information that other titles overlook. Similarly, its treatment of social/emotional learning and stress reduction issues are treated comprehensively. *Yoga Calm* presents them in depth, devoting entire chapters and activity sets to them.

This integration of social/emotional development with the physical aspects of yoga makes *Yoga Calm* unique in the education and yoga communities. The book offers practical tips for how to develop emotional intelligence and even for providing “emotional first aid.” Research and anecdotal accounts of how emotional, physical and cognitive development are inextricably linked make a compelling case for *Yoga Calm*’s integrated learning approach. And while its mind/body approach is particularly effective when used in therapeutic environments, its techniques can be taught just as effectively by non-counselors.

And even as it stands as a practical, down-to-earth guide, its stories and personal accounts of working with children provide inspiration, motivation, hope and encouragement for teachers, parents and helping professionals. *Yoga Calm* reveals the depth, beauty and joy of working with children.



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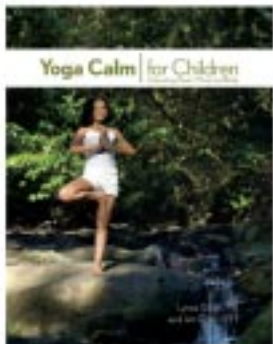
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More About Yoga Calm

- School-based yoga is expanding rapidly with thousands of teachers nationally introducing yoga and an estimated 3 million teachers as its potential market. Combined with millions of counselors, yoga teachers, occupational therapists, and parents, the market for *Yoga Calm for Children* is quite substantial. Yoga Calm introduces yoga to children at an early age, helping to instill healthy life-long physical, mental and emotional habits.
- *Yoga Calm for Children* was named a finalist in the Education and Health categories for the 10th annual *ForeWord Book of the Year Award*, is a 2008 Silver Recipient of both the Mom's Choice Award for Educational Products and the Nautilus Book Awards. It is also a Finalist in the Education/Academic category of the National Indie Excellence Awards.
- A committee of independent booksellers, major bookstore chains, and national book wholesalers recently selected the book for inclusion in Independent Publishers Group's Small Press Catalog. IPG will be distributing *Yoga Calm for Children* to bookstores across the U.S. and Canada.
- Yoga Calm professional development courses are accredited for professional development credit through the National Board of Certified Counselors, state school counseling associations, Yoga Alliance, Occupational Therapy Boards, the Oregon Nurse Association and Portland State University.
- In addition to the book itself, the authors support a platform that includes workshops, seminars, products, a robust website (www.yogacalm.org), and expert discussions about children and yoga.
- Currently, over 700 teachers, counselors and occupational therapists in over 10 states have been trained in Yoga Calm techniques.