

# Yoga Calm®

Educating the Heart, Mind, and Body

# ADHD

## The Mind/Body Connection

## ADHD: The Mind/Body Connection

with Jeff Sosne, PhD  
Lynea Gillen, MS  
and Jim Gillen, RYT

**October 9-10**  
**9 am to 4 pm**

Marylhurst University, (Baxter Hall)  
10 minutes south of Portland, OR

**\$215**

\$30 *Yoga Calm for Children* Textbook Fee  
PSU graduate credit (\$55) and CEUs available

**Register at**  
**www.yogacalm.org**  
**or 503.977.0944**

*"Yoga Calm was one of the best workshops  
I've ever experienced within the educational  
or counseling communities!"*  
—School Psychologist

*"I will be sharing this with my staff!"*  
—School Principal

*"Yoga keeps me in control. It makes me a  
better athlete and helps me concentrate.  
It calms me down."*  
—Yoga Calm student

*"I didn't realize how good the workshop  
would be for me personally."*  
—School Counselor

*"My students are loving the games."*  
—3rd Grade Teacher



This comprehensive 10 hour workshop gives teachers, counselors, therapists and other professionals new tools for dealing with the increasing number of children diagnosed with ADHD and other attention difficulties. We uncover some of the myths of ADHD and demonstrate how cognitive strategies, yoga, and social/emotional skill development can complement current treatment approaches.

### LEARN NEW GAMES, ACTIVITIES, PROCESSES THAT ...

- Reduce stress, self-nurture, and regulate emotions
- Improve self control, concentration, and imagination
- Increase fitness, self-confidence, and self-esteem
- Enhance communication, trust, teamwork, and leadership
- Help you with classroom management
- Support your health, too!

Course also features a live class component where you observe the instructors teaching workshop techniques with a children's class.

1 PSU Graduate and/or 10 Washington Clock Hours available.

Coursework also qualifies for professional development credit through NBCC, OSCA/WSCA, Occupational Therapy Boards & the Oregon Nurse Association.

Required Textbook: *Yoga Calm for Children*

[www.yogacalm.org](http://www.yogacalm.org)