

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

Still Moving Yoga
SW 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.

1PSU 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*

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