

Yoga Calm®

Educating the Heart, Mind, and Body

WELLNESS I

AN INTEGRATED APPROACH TO WELLNESS I

with Lynea Gillen, MS
and Jim Gillen, RYT

Oct. 16-17
9 am to 4 pm

Lewis and Clark College
Albany 218
SW Portland, OR

\$215

Nov. 6-7
9 am to 4 pm

Lewis and Clark College
Albany 218
SW Portland, OR

\$215

\$30 *Yoga Calm for Children* Textbook Fee
1 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**



Yoga Calm is an innovative child education method that reduces stress, improves self-control, and develops social/emotional skills. It was developed by a school counselor and yoga teacher from over 30 years of classroom and counseling experience with a wide range of students, including those with severe behavior disorders. Yoga Calm is appropriate for all ages and especially effective for K-8.

This workshop provides teachers, counselors, nurses, occupational therapists, and other adults that work with children the knowledge and ability to immediately begin teaching basic yoga activities, stress reduction and focusing techniques, and social emotional skill development (no yoga experience necessary).

LEARN NEW GAMES, ACTIVITIES, PROCESSES THAT ...

- Improve self control, concentration, and imagination
- Increase fitness, self-confidence, and self-esteem
- Enhance communication, trust, teamwork, and leadership
- Help with ADHD, anxiety, autism, and other behavior disorders
- Help you with classroom management
- Support your health, too!

1 PSU Graduate and/or 10 Washington Clock Hours available.
Coursework also qualifies for Yoga Calm certification and professional development credit through NBCC, OSCA/WSCA, Occupational Therapy Boards & the Oregon Nurse Association.
Required textbook: *Yoga Calm for Children*.

www.yogacalm.org