

Yoga Calm®

for Children and Teens

Courses for parents, teachers,
counselors and therapists

AN INTEGRATED APPROACH TO WELLNESS I

with Anna Thedford, MA
and Christine Castle Vance, RYT
Certified Yoga Calm Trainers

Apr. 14 - 15
9 am to 4 pm

Central Oregon
Environmental Center
Bend, OR 97701

\$230

Contact us regarding group discounts

\$30 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



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!

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).

Yoga Calm is a research-supported K-12 wellness and learning preparedness curriculum that reduces stress, improves self-control and focus, 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 abilities.

1 PSU Graduate Credit, 10 Clock Hours and CEUs available.
Coursework qualifies for Yoga Calm certification and professional development credit through NBCC, OSCA/WSCA, and various boards. Certificate of training hours provided.

www.yogacalm.org