

# Yoga Calm®

Educating the Heart, Mind, and Body

# WELLNESS I

## AN INTEGRATED APPROACH TO WELLNESS I

with Lynea Gillen, MS  
and Jim Gillen, RYT

**October 10-11**  
**9 am to 4 pm**

Courtyard by Marriott  
North Seattle, WA

**\$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.

Suitable for all levels of abilities, this workshop will provide you with the basic knowledge and ability to immediately begin teaching basic yoga activities, stress reduction and focusing techniques, and social emotional skill development activities.

### THIS WORKSHOP IS FOR:

Teachers, Counselors, Nurses, Yoga Teachers, Occupational Therapists, and other adults that work with children (no yoga experience necessary).

### 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 with ADHD, anxiety, autism, and other behavior disorders
- Help you with classroom management
- Support your health, too!

Coursework applies toward Yoga Calm Teacher Certification.  
Required textbook: *Yoga Calm for Children*.

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