

Yoga Calm®

for Children and Teens

Courses for parents, teachers,
counselors and therapists

AN INTEGRATED APPROACH TO WELLNESS 2: Physical Connections to Learning

with Jim Gillen, RYT-500
and Lynea Gillen, MS, RYT

Feb. 25 - 26

9 am to 4 pm

Still Moving Yoga
SW Portland, OR 97219

Jun. 21 - 22

9 am to 4 pm

Still Moving Yoga
SW Portland, OR 97219

\$230

\$230

Contact us regarding group discounts
PSU Graduate Credit (\$55) and CEUs available



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

*"One of the best workshops I've ever experienced
within the educational or counseling communities!"*

—School Psychologist, Seattle, WA

*"I love teaching Yoga Calm to my students because they
love it. All of them can participate – no matter what size,
shape or ability."*

—Adaptive PE Specialist, Portland, OR

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

—School Counselor, New York City, NY

*"...especially beneficial as a relaxation technique
before bed time... Our adolescent patients
do not have healthy sleep habits due to
stress, anxiety, depression..."*

—Psychiatric Nurse, Rochester, MN



Learn 20 fun and effective activities from the award-winning Yoga Calm Wellness Curriculum to help children and teens develop self confidence, resilience, compassion, and life-long fitness and wellness habits. Using highly experiential activities, participants experience health benefits while receiving instruction in:

- Class plans, activities and short sequences that integrate motivational language, teambuilding techniques and pose alignment.
- Adaptations for diverse abilities, including special needs students.
- Managing environmental stimulation and arousal levels for optimum learning.
- Cultivating positive student attitudes.
- Using physical yoga processes to develop emotional strength, trust, and community.

Yoga Calm is an award-winning, 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.

Prerequisite: Completion of Integrated Approach to Wellness I workshop (Wellness 2 & 3 workshops can be taken in any order)

www.yogacalm.org