

AN INTEGRATED APPROACH TO WELLNESS 2: Physical Connections to Learning

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

Sept. 19-20
9 am to 4 pm

Lewis and Clark College
SW Portland, OR

\$215

1 PSU graduate credit (\$55) and CEUs available

Nov. 21-22
9 am to 4 pm

Lewis and Clark College
SW Portland, OR

\$215

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

*"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 second in a series of Yoga Calm workshops introduces participants to 20 new wellness games and activities from the program curriculum and how to safely develop strength, flexibility, fitness and health awareness for K-12 children. Using highly experiential activities, participants will also receive detailed instruction in:

- Integrative alignment, sequencing and class planning.
- 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.

THIS WORKSHOP IS FOR:

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

Coursework applies toward Yoga Calm Teacher certification.

Prerequisite: Completion of Integrated Approach to Wellness I workshop

Required textbook: *Yoga Calm for Children*.