

# Yoga Calm®

for Children and Teens

Courses for parents, teachers,  
counselors and therapists

## AN INTEGRATED APPROACH TO WELLNESS 2: Physical Connections to Learning

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

**May 19 - 20**  
**9 am to 4 pm**

Central Oregon  
Environmental Center  
Bend, OR 97701

**\$230**

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



**Register at [www.yogacalm.org](http://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](http://www.yogacalm.org)