

Yoga Calm®

for Children and Teens

Courses for educators, therapists
& human service providers

AN INTEGRATED APPROACH TO WELLNESS 2: Physical Connections to Learning

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

March 10 -11, 2012
8 am to 4 pm

St. Mary's Academy
4545 South University Boulevard
Englewood, CO 80113

\$230

Register by Feb. 17th and SAVE 10%

1 CSU Graduate Credit available (\$53) and CEUs available. Contact us regarding group discounts



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 CSU Graduate Credit, 12 Clock Hours and professional CEUs available. Coursework qualifies for Yoga Calm Certification. 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