

Yoga Calm®

Educating the Heart, Mind, and Body

WELLNESS 2

AN INTEGRATED APPROACH TO WELLNESS 2: Physical Connections to Learning

with Jim Gillen, RYT-500
Lynea Gillen, MS, RYT
and Ilga Paul, MS OTR

September 25 - 26

9 am to 4 pm

Hyatt DTC
7800 East Tufts Avenue
Denver, CO 80237

\$215



1 CSU graduate credit (\$53)
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**

*"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, parents, 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*.

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