

# Yoga Calm®

Educating the Heart, Mind, and Body

# WELLNESS 3

## AN INTEGRATED APPROACH TO WELLNESS 3: Social/Emotional Connections to Learning

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

**April 17 - 18**  
**9 am to 4 pm**

Still Moving Yoga  
SW Portland, OR

**\$215**

**June 31 - July 1**  
**9 am to 4 pm**

Still Meadows Retreat  
Carver, OR

**\$240**  
(includes lunches)

1 PSU graduate credit (\$55) 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 third in a series of Yoga Calm workshops introduces participants to 20 new social/emotional skill development games and wellness activities from the program curriculum—and the strategies that inform them—giving teachers and counselors new tools for directly addressing the need for emotional guidance and support in the school setting.

Case histories from school counseling, private practice and clinical experience will be used to highlight and develop successful strategies and techniques useful for working with a broad range of student needs. The use of story telling, symbolic language and complementary aspects of Eastern and Western psychology will also be covered.

### THIS WORKSHOP IS FOR:

Teachers, Counselors, Occupational Therapists, Yoga Teachers, Nurses, Parents and other 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*.

[www.yogacalm.org](http://www.yogacalm.org)