

Yoga Calm®

for Children and Teens

Courses for parents, teachers,
counselors and therapists

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

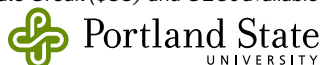
with Anna Thedford, MA
and Certified Yoga Calm Trainer

Feb. 25 - 26, 2012
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
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 engaging and effective social/emotional skill development activities from the award-winning Yoga Calm Wellness Curriculum that directly address children and teen's need for emotional guidance and support in school, home and therapeutic settings.

Using a unique approach to learning that engages mind and body, participants will experience the benefits of the activities while learning how to teach activities that:

- Reduce stress, self-nurture, and regulate emotions
- Improve self control, self-confidence and self-esteem
- Enhance communication, trust, teamwork, and leadership
- Help with ADHD, anxiety, autism, and other behavior disorders
- Support your health, too!

Case histories from school counseling, private practice and clinical experience will be used to highlight 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.

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. No prior yoga experience necessary.

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