

Yoga Calm®

for Children and Teens

Courses for educators, therapists
& human service providers

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

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

March 17 - 18, 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%

Contact us regarding group discounts

1CSU Graduate Credit available (\$53) 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 fun 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.

1CSU 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