

# Yoga Calm®

Educating the Heart, Mind, and Body

# SUMMER INTENSIVE

## INTEGRATED APPROACH TO WELLNESS SUMMER INTENSIVE

with Lynea Gillen, MS  
Sue Dumolt, OTR/L  
and Jim Gillen, RYT

**July 11 - 17, 2009**  
**9 am to 4 pm**

Still Meadow Retreat Center  
Carver, OR  
(35 minutes SE of Portland International Airport)

**\$750**

Includes textbook and healthy lunches  
\$500 for 6 nights lodging, breakfasts, dinners (double occupancy)  
\$165 PSU Credit Fee (3 graduate credits)

**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**

*"I will be sharing this with my staff!"*

**—School Principal**

*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**



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 K-12 and especially effective for K-8.

The Summer Intensive introduces the complete Yoga Calm system, its principles and all 60 activities from the Wellness 1, 2 and 3 workshops. These include breathing exercises, simple yoga poses, social/emotional skill development activities, relaxation/storytelling processes and emotional guidance techniques.

### LEARN NEW GAMES, ACTIVITIES, PROCESSES THAT . . .

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

There will also be ample time to renew your spirit with restorative yoga sessions and Still Meadow's 60 acres of woods, grape orchards and walking trails. Still Meadow is close to the Clackamas River and Mt. Hood, 35 minutes SE from Portland International Airport and two hours from the Oregon Coast.

### THIS WORKSHOP IS FOR:

Teachers, counselors, occupational therapists, nurses, and adults who work with children (no yoga experience necessary).

Coursework applies toward Yoga Calm Instructor Certification as Wellness 1, 2 and 3 Workshops. A Certificate of training hours provided. The Course and Lodging/Meal Fees are payable directly to Still Moving Yoga, LLC, and the PSU Credit Fee is payable to Portland State University.

Required textbook: *Yoga Calm for Children* (included in Course Fee).

**www.yogacalm.org**