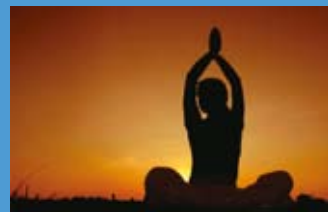


Yoga Calm® For Children

in ITALY



Casperia ITALY



Lynea Gillen, Yoga Calm Co-founder
Jim Gillen, Yoga Calm Co-founder

July 30 - Aug 6
2009

Imagine yourself this
summer studying **Yoga
Calm** in a **quaint Italian
village**, surrounded by olive

groves, vineyards and forest-covered
mountains.



Casperia, Italy, is one of the last Italian villages untouched by mass tourism. Its medieval structure and atmosphere give you a unique feeling of being in a historic place in an era of mystery and romance, when life moved at a slower pace. In this magical setting, during the lushness of an Italian summer, learn how to teach Yoga Calm to children while practicing yoga on the rooftop deck or in the villa's studio. There will also be ample time to hike or ride bikes in the countryside, swim, walk, or just relax in a café.

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. This approach, and Lynea and Jim Gillen's award-winning book, is now being used in schools around the world and by over 1000 teachers in North America.

The basic Holiday Package includes lodging, daily yoga classes, and 16 meals. Add the course and get credit toward Certification with Yoga Calm's Integrated Approach to Wellness 1 and 3 course curricula.

Course qualifies for 3 PSU Graduate Credits and can be applied toward Yoga Calm Instructor certification.

\$1,045 (double occupancy,
daily yoga, meals)

\$ 650 (Yoga Calm Course Fee)

\$ 165 (extra for 3 PSU Graduate Credits)

To register or for more information, visit:

www.yogacalm.org

or call 503.977.0944