



# Jedi Training

## Yoga Calm for Boys

Ages 7 - 12

Wednesdays, 4:00 - 5:00 pm

Jan. 18 - Mar 7, 2012

Cost: \$160

The Children's Program, Multnomah Village

**Register: 503/452-8002 (press option 1)**

In this eight week series boys will learn how to strengthen their bodies, minds and hearts. We will use current cultural mythology, such as Star Wars and its Jedi knights, to harness the big energy that fascinates boys and to learn ways to direct that energy toward positive actions in life.

This class will require more endurance and focus than our basic Yoga Calm class. Students should come prepared to increase strength, stamina and social skills.

Through Yoga Calm practice, your child will develop more personal awareness and learn specific strategies to maintain focus and manage their emotions and impulses. Over time, Yoga Calm skills and practices develop greater health, self-mastery and well-being.

This class is open to all boys, ages 7 through 12, and is beneficial for children with impulse control, attention and social difficulties. Parents can observe sessions.

**How Do Programs Like Yoga Calm Help?** Research has shown that:

- Simple breathing and biofeedback techniques slow the nervous system
- Yoga poses and sequences release physical and emotional energy
- Social/emotional games and counseling tools develop trust, compassion, communication, teamwork and leadership skills.
- Relaxation techniques like storytelling and mental imagery calm the nervous system, and develop imagination

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**Lynea Gillen, MS, RYT**, is the cofounder of Yoga Calm, a child & family counselor with The Children's Program in Portland, Oregon, a registered yoga teacher, an award-winning author, and an adjunct faculty member at Portland State University.

**Jim Gillen, RYT-500**, is the cofounder of Yoga Calm, Director of Still Moving Yoga, ACE Group Fitness Instructor and award-winning author and video producer.



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