

# Yoga Calm®

Courses for parents, teachers,  
counselors and therapists

## LIFEWORKS Mindful Career Planning

with Lynn Brown, MS,  
Jim Gillen, RYT  
and Lynea Gillen, MS

**Apr. 14 - 15, 2012**

**8:30 am to 4 pm**

Lewis and Clark College  
Portland, OR

**\$230**

Contact us regarding group discounts

*PSU graduate credit (\$55) and CEUs available*



**Register at**  
**www.yogacalm.org**  
**or 503.977.0944**

**Lynn Brown, MS**, is the Director of Career Services at Marylhurst University. Lynn has worked as a career counselor since 1986 and practiced yoga for over 14 years.

**Jim Gillen, RYT-500**, is a yoga teacher and co-founder of Yoga Calm, a school-based wellness program used by thousands of teachers and counselors.

**Lynea Gillen, MS/RYT**, is a co-founder of Yoga Calm, a child and family counselor at the Children's Program and an adjunct professor at PSU.



### You've committed yourself to helping others discover and develop their unique gifts, but what about your needs?

Combining the latest theories of career development along with mindfulness, yoga and other wellness practices, this unique course gives you the knowledge and tools you need to skillfully respond to life and career changes; to find purpose and joy in your current work; and to create or enhance a life/work plan.

- Explore the professional development opportunities for those "called" to teach and guide.
- Learn about your core values, personality, interests and transferable skills.
- Determine your preferences in work activities and optimal work environment.
- Use creative visualization and writing to understand choices.
- Use reflection, yoga and other wellness practices to discover your gifts and support your life/work.

1 PSU Graduate Credit, 12 Clock Hours and CEUs available. Certificate of training hours provided.

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