



# Preschool Yoga and Social-Emotional Skills Training

## Children's Program

**Assist your young children to create healthy social and emotional habits for a lifetime of wellness and happiness.**

This comprehensive 8-week Yoga Calm with Social-Emotional Skills Training program for Preschool Children combines a Family Coaching component for parents to try at home.

Yoga Calm principles assist to successfully integrate physical, emotional and cognitive experiences. Simple breathing techniques help calm young minds and bodies, yoga poses and sequences build physical strength and flexibility, social-emotional games build life skills and relaxation techniques, with storytelling and singing, create happy and healthy young hearts.

**Lynea Gillen, M.S., RYT** is the cofounder of Yoga Calm and coauthor of *Yoga Calm for Children: Educating Heart, Mind, and Body*, a program that blends physical yoga, counseling and mindfulness practices to aid students with anxiety, ADHD, stress and behavioral challenges.

**Nadia Delshad, Psy.D.**, has a broad background both academically and in practice, with training and experience in developmental child psychology, clinical hypnosis as well as clinical psychology.

Yoga Calm for Children  
[www.yogacalm.org](http://www.yogacalm.org)

**Yoga Calm®  
&  
Life Skills  
Classes**

**Preschool  
Children  
3-6 years old**

**With Parent  
Consultations**

**Register:**

**(503) 452-8002**  
"press option 1"

**7707 SW Capitol  
Hwy Portland, OR.**

**Tuesdays  
Jan 17-Mar 13  
1:30-2:30**

**\$180 program fee**

