

## A SUSTAINABLE FUTURE: Wellness & Environmental Education

with Lynea Gillen, MS,  
Leah Shuyler, MA  
Kim Wilson, MEd  
and Jim Gillen, RYT

**April 10-11, 2010**  
**9am to 4pm**

Still Moving Yoga  
SW Portland, OR 97219

Course Fee **\$215**

Includes Curriculum Guide  
\$55 PSU Credit Fee (1 graduate/undergraduate credit)

**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**



From the air we breathe to the food we eat to the exercise and solace we find in nature, our personal wellness is inextricably linked to the health of our environment.

National studies have shown that the experiential and conceptual use of environmental education as an integrating concept improves student health and learning in math, science, social studies and language arts. But some of the great challenges in teaching environmental education are how to get us and our students reconnected with the natural world, how to stay engaged and hopeful in the face of overwhelming issues and how to work together to creatively respond to our changing world.

This course demonstrates how Yoga Calm and environmental education activities can be used to develop high interest, interdisciplinary lessons that meet and support K-8 health, science and physical education standards and curricula. Overall, you will learn:

- Yoga Calm activities that develop observation, reflection, and communication skills
- How to draw out children's innate curiosity for their communities, animal life and the natural world as motivators for science education and environmental stewardship
- Use of everyday environments (e.g., schoolyards, parks, backyards) to teach science and environmental education, and to provide stewardship opportunities
- Social/emotional skills-development processes that nurture teamwork, communication and compassion, and that teach how to deal with environmental loss and social conflicts
- Activities to develop imagination, creativity and positive thought processes

Qualifies for 10 CEU/Clock Hours and/or 1 PSU Graduate Credit. Certificate of training hours provided.

**Prerequisite: Open to all, no prerequisites or yoga experience needed.**