

Yoga Calm®

Educating the Heart, Mind, and Body

CHILDREN'S CLASS

Yoga Calm for Children

Mondays
Oct. 5 - Nov. 23
5:00 - 6:00 pm
(ages 7 - 12)

Class Location

Children's Program
7707 SW Capitol Hwy,
Multnomah Village
Portland, OR 97219
www.childrensprogram.org

\$180 for eight-week session

Register: 503.452.8002
(press option 1)

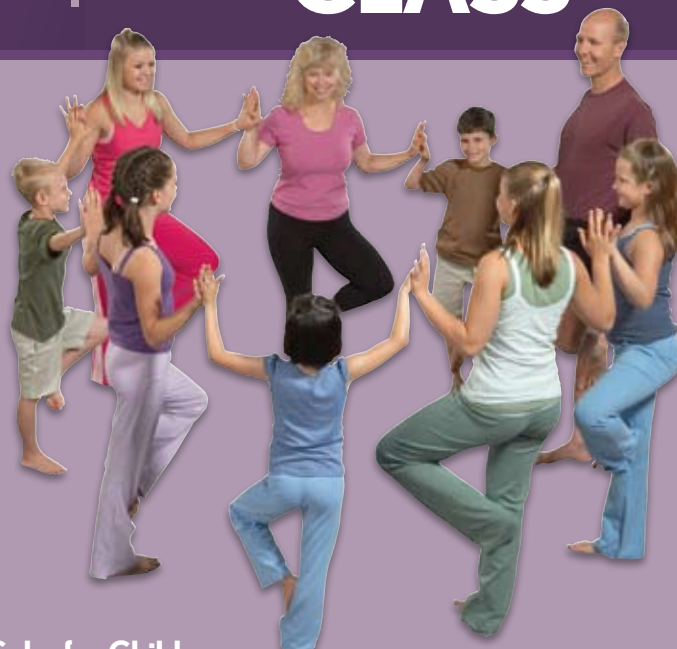
Class info: www.yogacalm.org
or call (503) 977-0944 for more information

"Yoga has helped my attitude. I never used to talk about my feelings, and now I do."
—11-year old student

"Yoga Calm strengthened my students physically and emotionally, by moving them from angry and uncertain, to calm and confident."
—Carla Austin, Special Education Teacher

"My child is sleeping so much better after his Yoga Calm class."
—Parent

"Yoga keeps me in control. It makes me a better athlete and helps me concentrate. It calms me down."
—9-year old student



Yoga Calm for Children

with Lynea Gillen, MS Counseling / James Gillen, Registered Yoga Teacher

Help your child develop healthy habits for a lifetime of wellness and happiness. Yoga Calm gives children a practice and routine that integrates physical, mental, and emotional development. Skills and activities covered include:

- Simple breathing techniques to slow down the nervous system, develop self-control and connect children with their feelings
- Yoga poses to release energy, learn compassion, and develop strength, concentration, and self-confidence
- Counseling games and process that develop patience, mindfulness, compassion, leadership, and other social/emotional skills
- Relaxation techniques and storytelling to calm the body and mind, and integrate physical, emotional and cognitive experiences

This class is open to all, ages 7 through 12, and is beneficial for children with attention and social difficulties. 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. Contact us about suitability for your child.

Lynea Gillen, MS, RYT, is co-author of a new book, *Yoga Calm for Children: Educating Heart, Mind, and Body*. She is also a school counselor in Estacada, Oregon, a registered yoga teacher (RYT-200), and an adjunct faculty member at Portland State University. She has been practicing yoga since 1973 and has over 30 years of experience as a schoolteacher and counselor.

Jim Gillen, RYT, is co-author of a new book, *Yoga Calm for Children: Educating Heart, Mind, and Body*. He is a registered yoga teacher (RYT-500), affiliated Anusara yoga instructor, ACE group fitness instructor, and member of the International Association of Yoga Therapists. His instructional CD, *Yoga Renewal*, was released in 2002.

www.yogacalm.org