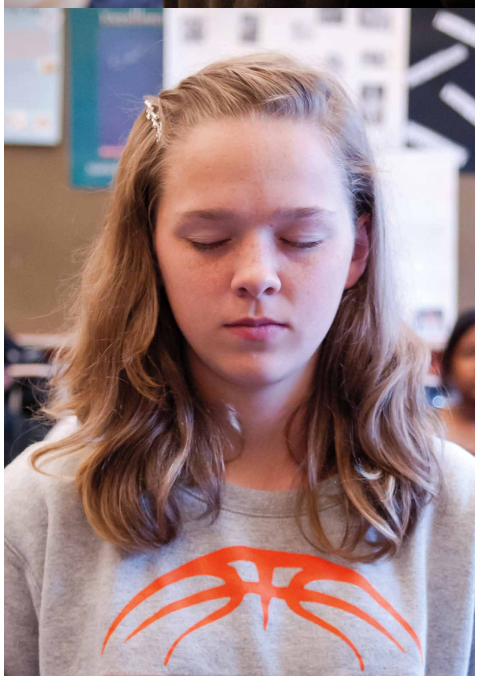
Peace in Schools
Bringing Mindfulness to Teens

YOGA calm™

Mindfulness and the Brain

Embodying Mindfulness in Education



12-Hour Online Course

Caverly Morgan, founder Peace in Schools & Christine Downs, MEd

$250 course fee

$60 – 1 PSU Grad/Undergrad credit (optional)

Connect more fully, authentically and effectively with the youth in your life.

In this course you'll learn the science and practice of mindfulness from Peace in Schools, the nonprofit that launched the first for-credit mindfulness class in a U.S. public high school.

You'll learn the latest scientific research on mindfulness and basics of Interpersonal Neurobiology (IPNB), incluxding basic brain anatomy, development, and function as they relate to mindfulness practices.

You'll be introduced to foundational mindfulness practices and experience directly how they can transform your life. You'll build attentional skills, cultivate acceptance, learn compassion and practice relational mindfulness skills.

This course can transform your life, your relationships and your work with youth, whether you are an educator, parent, mental health professional or health care worker.

Earn Professional Development Credit Portland State UNIVERSITY

1 PSU Graduate Credit ($60 extra), PDCs and 12 Clock Hours available

Certificate of training hours provided

Register at **YogaCalm.org**

Questions? **info@yogacalm.org**