



Educating the Heart, Mind and Body

# WELLNESS 2

## Physical Connections to Learning

### AN INTEGRATED APPROACH TO WELLNESS 2: Physical Connections to Learning

with Lynea Gillen, LPC, RYT and Jim Gillen, RYT-500

**February 25, 2017**  
**8:30 am to 4:30 pm**

Still Moving Yoga  
SW Portland, OR 97219

**\$195**

**\$225 after January 25**

Contact us regarding group discounts

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

### Start Learning Now!

Our new hybrid course design allows you to begin your coursework as soon as you register, with online videos, readings and resources. It's a great way to learn at a convenient time and location and to repeatedly watch and practice activities. Then you will be ready to deepen your knowledge with a full day of experiential activities and Q&A sessions when we meet in person.



**Children today are facing an obesity crisis**, yet record numbers are being diagnosed with hyperactivity. What both extremes need is meaningful movement – physical activity combined with processes that fully engage the mind, heart and imagination. What's needed is Yoga Calm.

Learn this integrative approach to education, the latest brain research, simple classroom movement and body-based therapies that support

- Safe, accessible and enjoyable lifelong fitness for PreK-12 students and teachers
- Self-awareness, regulation, attention and social and emotional learning
- Learning preparedness, by creating an optimum level of attention
- Sensory integration and emotional resilience
- Communication skills, leadership, trust and teamwork

Yoga Calm was developed from over 35 years of classroom, counseling and research experience showing that teaching mindfulness, social-emotional skills and movement develops attention, happiness and academic success. Its college-a-credited courses, award-winning materials and classroom-tested methods support thousands of parents, educators and therapists.

**Earn Professional Development Credit**  **Portland State UNIVERSITY**  
1 PSU Graduate Credit (\$60 extra), PDCs and 12 Clock Hours available.

Qualifies toward Yoga Calm Youth Instructor and RYT-200 Certifications. Certificate of training hours provided.

Prerequisite: Completion of Integrated Approach to Wellness I workshop (Wellness 2 and 3 workshops can be taken in any order)

**yogacalm.org**