



Educating the Heart, Mind and Body

# WELLNESS 3

Social/Emotional  
Connections to Learning



## AN INTEGRATED APPROACH TO WELLNESS 3: Social/Emotional Connections to Learning

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

**February 26, 2017**  
**8:30 am to 4:30 pm**

Still Moving Yoga  
Portland, Oregon

**\$195**

**\$225 after January 26**

Contact us regarding group discounts

**Register at [yogacalm.org](http://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.

### Learn 20 engaging and effective social/emotional skill development activities

from the research-supported Yoga Calm Wellness Curriculum that directly address PreK-12 youths' need for emotional guidance and support in school, home and therapeutic settings. Using a unique approach to learning that engages mind and body, course participants will experience the benefits of the activities while learning how to teach them.

Case histories from school counseling and clinical experience will be used to highlight successful strategies and techniques useful for working with a broad range of student needs. The use of storytelling, symbolic language and complementary aspects of Eastern and Western psychology will also be covered.

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-accredited courses, award-winning materials and classroom-tested methods support thousands of parents, educators and therapists.

No prior yoga experience necessary.

### 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](http://yogacalm.org)