

JEDI TRAINING

Yoga Calm for Boys & Girls

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Thursdays
Jan 12 - Mar 2

4:15 - 5:15 pm
(ages 7 - 12)

Class Location

Still Moving Yoga
10040 SW 25th Ave
Portland, OR 97219
info@yogacalm.org

\$180 for 8-week session

No credit for missed sessions
Not insurance billable

Register:

regonline.com/jedi0117
or call 503-977-0944

Class info: yogacalm.org

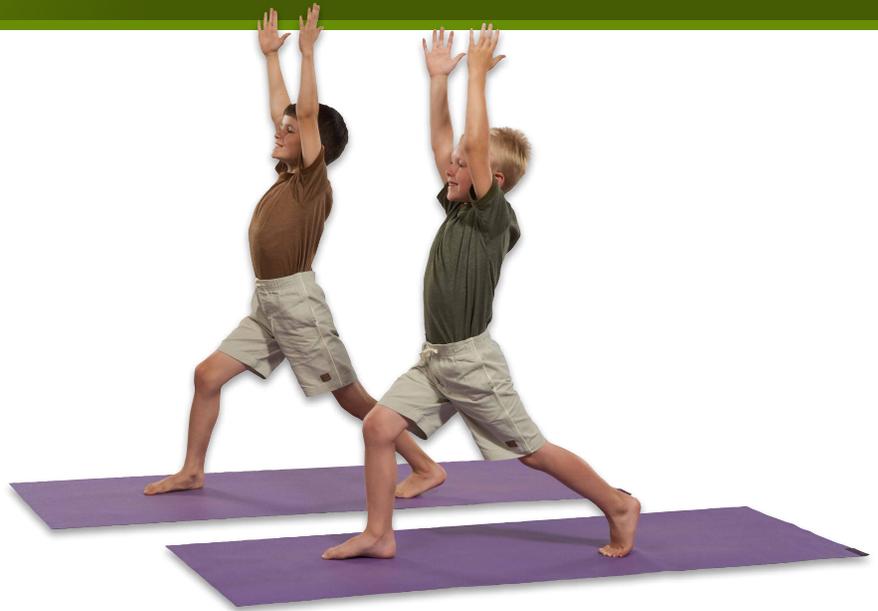
or call 503-977-0944 for more information

"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



Help your child develop self control, discipline and social skills.

Using current cultural mythology, such as Star Wars and its Jedi knights, we will learn how to harness that big energy that fascinates children and to learn ways to direct it toward positive actions in life.

Through fun and engaging activities 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.

This class is open to all boys and girls, ages 7 through 12, and is beneficial for children with impulse control, attention and social difficulties. Parents can observe sessions. Contact us about suitability for your child.

Lynea Gillen, LPC, RYT, is the cofounder of Yoga Calm, a child & family counselor, a registered yoga teacher, and an adjunct faculty member at Portland State University.

yogacalm.org