

Yoga Calm®

for Children and Teens

Courses for parents, teachers,
counselors and therapists

LOVE, KNOWLEDGE & ACTION: Inspiring Environmental Stewardship

with Lynea Gillen, LPC, RYT,
Leah Shuyler, MA

April 9-10, 2016
9am to 4pm

Still Moving Yoga, SW Portland, OR 97219

\$195

\$210 after Mar 18

Certified Yoga Calm Instructors save \$50

(contact us for discount code)

Includes downloadable handbook

Contact us regarding group discounts

PSU graduate credit (\$60) and CEUs available



Register at
yogacalm.org
or 503.977.0944

*"Yoga Calm was one of the best workshops
I've ever experienced within the educational
or counseling communities!"*

—School Psychologist

"I will be sharing this with my staff!"

—School Principal

*Yoga keeps me in control. It makes me
a better athlete and helps me concentrate.
It calms me down."*

—Yoga Calm student

*"I didn't realize how good the workshop
would be for me personally."*

—School Counselor



Inspire our children to create a hopeful environmental future!

Learn how to lead summer camps and school-based activities (K-8) that creatively integrate environmental education, yoga, mindfulness, social/emotional learning, music and art. These fun and engaging activities support the whole child, provide a springboard for science education and inspire stewardship for our natural world.

Through the experiential learning techniques of yoga, eco-psychology, mindfulness, storytelling and simple home and schoolyard inquiries, you will learn how to cultivate children's innate curiosity and appreciation of the natural world around them.

With this innovative, highly experiential and integrated approach to environmental education, meaningful connections between personal and planetary health can be drawn, fostering a lifelong interest in science and increased environmental citizenry and stewardship.

Open to all – no prerequisites or prior yoga experience necessary.

yogacalm.org