



WELLNESS 1

An Introduction to
Yoga Calm

JUNE 24

8:00 am - 4:30 pm

Still Meadow Retreat, Portland, OR



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 in June you'll be ready to deepen your knowledge with a full day of experiential activities and Q&A sessions.

Learn the Yoga Calm PreK-12 Wellness System, its principles and research support, and over 20 introductory activities and class plans. These include simple movement, breathing and mindfulness exercises, social/emotional skill development activities, relaxation/storytelling processes and emotional guidance techniques.

Overall, you will learn how to

- Reduce stress and improve self regulation and attention
- Increase fitness, self-confidence and teamwork
- Enhance communication, trust and empathy
- Help with sensory integration, ADHD, autism and anxiety
- Improve classroom management

Yoga Calm has 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.

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.

CELEBRATE OUR WORK TOGETHER!

Enjoy refreshments, live music and a dance party.

Sunday, June 25
from 4:30-6:30 pm

\$250 (\$265 after 4/20/17) Course Fee

Includes pre-course online material, textbook, delicious lunch and Sunday party
Lodging info: Katharine, support@yogacalm.org or 503.708-8940

503.977.0944

yogacalm.org