



# WELLNESS 2

Physical Connections  
to Learning

**JUNE 25**  
8:00 am - 4:30 pm  
Still Meadow Retreat, Portland, OR



**Children today are less active** than ever, 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 students and teachers.
- Self-awareness, regulation, attention and social and emotional learning.
- Learning preparedness, by creating an optimum level of arousal.
- Sensory integration and emotional resilience.
- Communication skills, leadership, trust and teamwork.

Yoga Calm has developed from over 35 years of classroom, counseling and research experience and research-supported methods 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.

## 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.

## Earn Professional Development Credit Portland State UNIVERSITY

1PSU 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    Prerequisite: Wellness 1 Course  
Includes pre-course online material, delicious lunch and Sunday evening party.  
Lodging info: Katharine, support@yogacalm.org or 503.708.8940

**503.977.0944**

**yogacalm.org**