



Educating the Heart, Mind and Body

Boys, Coyotes & Other Wild Creatures

BOYS, COYOTES & OTHER WILD CREATURES

with Lynea Gillen, LPC, RYT
Jim Gillen, RYT-500
Jeff Albin, CDP, RYT

Oct. 28-29, 2017
8:30 am to 4:00 pm

Still Moving Yoga
Portland, OR

\$230 Course Fee
\$250 after September 25
Contact us regarding group discounts

Register at
yogacalm.org
or 503.977.0944



Nationwide, boys are nearly twice as likely as girls to be suspended, make up two-thirds of special education students, are 1.5 times more likely to be held back a grade and 2.5 times more likely to be given diagnoses of ADHD. It's time to meet boys' unique needs, and to provide healthy and creative outlets for their "wildness."

Learn the importance of movement and "rough" play and the need for boys to find meaning, initiation and physical connection to the world. We will use traditional stories of animals such as wolves, coyotes and cougars, and current mythology such as Star Wars' Jedi knights, to explore the warrior archetype and its importance in addressing the global challenges of this era.

Provide healthy alternatives to violent media and video games, with highly experiential activities where boys can explore their power in safe ways and learn that the true heart of the warrior is to protect goodness and help instead of harm.

"There is a little boy in my class who is very spirited and has a hard time focusing. He now leads us in several of the poses that challenge him. His focus is definitely improving. I am so amazed!"

—Pre-school Teacher

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

—Yoga Calm Student

"My 8th grade boys' group are LOVING the class... these are my guys who have temper challenges, get into fights and have talked to me about being afraid of their own anger."

—School Counselor

"What I learned from Yoga Calm - Manners, how to follow, how to lead, how to be fierce, but only when you need to be and how to trust."

—Yoga Calm Student

Earn Professional Development Credit 
1 PSU Graduate Credit (\$60 extra), PDCs and 10 Clock Hours available.

Qualifies toward Yoga Calm Youth Instructor and RYT-200 Certifications.
Certificate of training hours provided.

Workshop includes:

- Tools for supporting boys' emotions and developing interpersonal skills
- How to honor children's "big" energy while teaching self-awareness & self-control
- What video games and electronic media do to the developing brain
- Nature/environmental education activities
- Yoga and movement breaks to help with attention and learning

Activities are accessible to all children and are suitable for home, school and therapeutic settings.

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