



SUMMER INTENSIVE JUNE 22-25

at 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 you will be ready to deepen your knowledge with a full day of experiential activities and Q&A sessions when we meet in person.

Learn the complete Yoga Calm PreK-12 Wellness System,

its principles and research support, and over 100 activities and lesson plans from the Wellness 1, 2 and 3 courses. 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 and counseling experience and research showing that teaching mindfulness, social-emotional skills and movement develops attention, happiness *and* academic success. Its award-winning materials are used by thousands of educators, therapists & parents.

Earn Professional Development Credit



3 PSU Graduate Credits (\$180 extra), PDCs and 36 Clock Hours available.

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

\$750 (\$795 after 4/20/19) Course Fee

Includes pre-course online material, textbook, and delicious lunches
Lodging info: Katharine, support@yogacalm.org or 503.708.8940

503.977.0944

yogacalm.org