



Educating Heart, Mind and Body

Yoga Calm Friendship Group

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Thursdays

Jan 24 - Mar 14

2:45-4:00pm

(ages 6-12)

Class Location

Still Moving Yoga
10040 SW 25th Ave
Portland, OR 97219

\$140 for eight-week session

Register Online

yogacalm.org/courses/yogacalm-friendship-class/

Lynea@yogacalm.org for more info

"Yoga has helped my attitude. I never used to talk about my feelings, and now I do."
-11-year old student

"Yoga Calm strengthened my students physically and emotionally, by moving them from angry and uncertain, to calm and confident."
-Carla Austin, Special Education Teacher

"My child is sleeping so much better after his Yoga Calm class."
-Parent

"Yoga keeps me in control. It makes me a better athlete and helps me concentrate. It calms me down."
-9-year old student



Help your child develop healthy habits for a lifetime of wellness and happiness.

In this group, children will learn simple Yoga Calm activities to develop self-regulation/control and friendship skills such as how to ask other children to play, negotiate what to play, play cooperatively, and give and take feedback. Each session will close with relaxation and storytelling to reinforce learning and help students discover their gifts.

This class is open to all children, ages 6-12, with or without previous Yoga Calm experience. Contact us about suitability for your child.

Lynea Gillen, LPC, RYT, is the co-founder of Yoga Calm and has over 35 years of experience as a teacher and child and family counselor.

Developing emotional literacy, community and resilience are the hallmarks of Lynea's approach.

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