



WELLNESS 2

Physical Connections
to Learning

JUNE 23
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.

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.

Professional Development Credit



Semester-level Graduate Credit (\$62 extra) , PDCs and 12 Washington State Clock Hours available. Qualifies toward Yoga Calm Youth Instructor Certification. Certificate of training hours provided.

\$250 (\$265 after 4/20) Course Fee Prerequisite: Wellness 1 Course
Includes pre-course online material, delicious lunch.
Lodging info: support@yogacalm.org or 503.708.8940

503.977.0944

yogacalm.org