



WELLNESS 3

Social/Emotional
Connections to Learning

JUNE 24-25

8:00 am - 12:30 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.

Learn 20 fun and effective social/emotional skill development activities

from the research-supported Yoga Calm Wellness Curriculum that directly address children's and teens' need for emotional guidance and support in school, home and therapeutic settings. Using a unique approach to learning that engages mind and body, participants will experience the benefits of the activities while learning how to teach them.

Case histories from school counseling and clinical experience will be used to highlight successful strategies and techniques useful for working with a broad range of student needs. The use of storytelling, symbolic language and complementary aspects of Eastern and Western psychology will also be covered.

Yoga Calm has developed from over 35 years of classroom, counseling and research experience 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 4/20/18) 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