



# 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 Graduate Credits (\$186 extra), PDCs and 36 Clock Hours.



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**