

Yoga Calm®

Educating Heart, Mind and Body

Summer Camp for Kids (ages 7 - 12)

YOGA CALM SUMMER CAMP

Yoga, Fun &
Environmental
Education

with Lynea Gillen, LPC, RYT,
and Jim Gillen, RYT

July 29 - 31, 2019
9am - 12/noon

10040 SW 25th Ave
Portland, OR 97219
(near Jackson Middle School)

Camp Fee **\$75**

Register at:
info@yogacalm.org

503.977.0944



Still Moving Yoga is the perfect setting for a yoga and environmental education camp – with fruit trees, flower beds, vegetable gardens, strawberry-lined paths and over 50 species of trees to inspire us.

Camp activities are slow paced so children can sink into the experience and have time to dream and explore nature – Learning to live and work together in a peaceful, mindful way. With this fun, creative and highly experiential approach, meaningful connections between personal and planetary health can be drawn, fostering a lifelong interest and love for the natural world. Camp includes.

- Mindful snack that children create from food from the garden
- Drumming and movement activities
- Storytelling and relaxation
- Walks and plant identification – learning to know and love plants
- Time to observe nature and allow the quiet of nature to calm bodies and minds

Instructors

Lynea Gillen, LPC, RYT, is a child and family counselor, an adjunct faculty member at PSU and coauthor of *Yoga Calm for Children*. She has worked with children as a teacher and counselor for over 35 years, including 13 years as an outdoor educator at summer art camps like Willowbrook and outdoor school. She has practiced yoga since 1973 and is a RYT-200 Yoga Instructor.

Jim Gillen, RYT-500, is the director of Still Moving Yoga and coauthor of *Yoga Calm for Children*. Jim developed youth environmental education programs for seven years with Saturday Academy and the National Science Foundation. He also taught at the National Sports Center for the Disabled for five years.

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