YOGA CALM® WORKSHOP

THE BODY KEEPS THE JOY!

Tools for Nervous System Regulation, Emotional Resilience & Connection

A HALF-DAY WORKSHOP FOR MENTAL HEALTH PROFESSIONALS

BUILD YOUR SKILLS. SUPPORT THE WHOLE CHILD.

Through movement and intentional connection, develop self-awareness and authentic relationships in counseling. Create a grounded, compassionate space where students explore their inner experience, build emotional regulation, and deepen self-trust—nurturing curiosity, presence, and meaningful connection with themselves and others.

PRESENTED BY

Lynea Gillen,
LPC, RYT,
TRE GLOBAL TRAINER

With more than 50 years of experience in counseling, teaching and clinical practice, Lynea brings a compassionate, trauma-informed approach and deep expertise in somatic counseling, child and adolescent development, and mind-body integration.

DATE & TIME
Saturday, November 7, 2026
8:30 am – 12:30 pm PST

LOCATION
Live in-person at Still Moving Yoga
SW Portland

AUDIENCE
Mental-health professionals including counselors, school counselors, social workers, psychologists and other helping professionals.

INVESTMENT
$100

In this half-day workshop, you'll explore:

SOMATIC COUNSELING
Bring body and mind together in therapeutic work.

STRESS & REGULATION SCIENCE
Understand how the nervous system works and how to support regulation.

POLYVAGAL THEORY & INTEROCEPTION
Help youth tune in to their internal signals and feel safer in their bodies.

GROUNDING & BREATHWORK
Simple, effective practices for calm, focus and presence.

RELEASE & SOOTHE
Use movement and experiential tools to reduce stress and restore balance.

EXPERIENTIAL SEL
Build emotional literacy, connection and resilience through hands-on practices.

TRAUMA-INFORMED & CULTURALLY RESPONSIVE FACILITATION
Create safety, inclusion and belonging in every setting.

ADAPTING PRACTICES
Bring these tools into school, clinical and community settings.

Register Now AT YOGACALM.ORG

SCAN TO REGISTER

Questions?
Contact info@yogacalm.org
or (503) 308-1160.

YOGA calm