

# Yoga Calm®

for Children and Teens

Professional development for  
educators, counselors & therapists

## INTEGRATED APPROACH TO WELLNESS SUMMER INTENSIVE

with Lynea Gillen, MS, RYT

Jim Gillen, RYT

and Wendy Handrich, MS, Ed

Director of Education, Genesee Lake School

**August 21-27, 2011**

**9 am to 4 pm**

Genesee Lake School at ODC

Oconomowoc, WI

(45 minutes from Milwaukee International Airport)

**\$795**

Includes textbook and healthy lunches

\$420 for 6 nights lodging, and meals (double occupancy)

3 Graduate Credits available from Alverno College (\$185/credit)

**Register at [www.yogacalm.org](http://www.yogacalm.org)  
or 503.977.0944**

*"One of the best workshops I've ever experienced  
within the educational or counseling communities!"*

**—School Psychologist, Seattle, WA**

*"I love teaching Yoga Calm to my students because  
they love it. All of them can participate – no matter  
what size, shape or ability."*

**—Adaptive PE Specialist, Portland, OR**

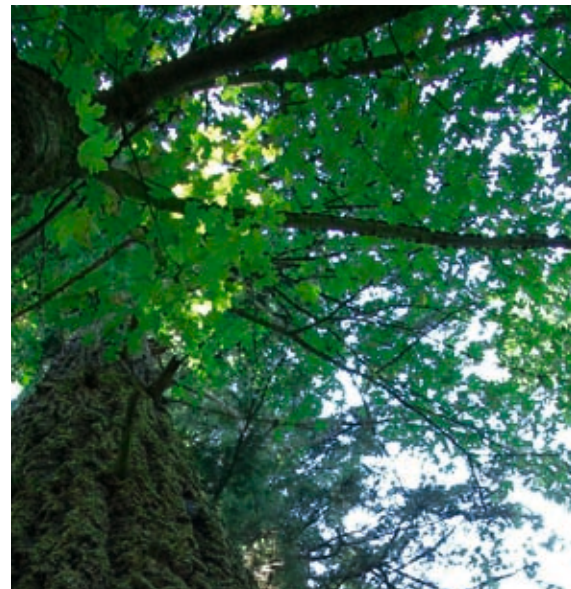
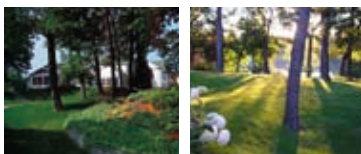
*"I didn't realize how good the workshop  
would be for me personally."*

**—School Counselor, New York City, NY**

*"...especially beneficial as a relaxation technique  
before bed time... Our adolescent patients  
do not have healthy sleep habits due to  
stress, anxiety, depression..."*

**—Psychiatric Nurse, Rochester, MN**

**Alverno**  
COLLEGE



Yoga Calm is an award-winning, K-12 wellness curriculum used by thousands of educators and therapists. It integrates simple yoga-based activities, mindfulness exercises and social/emotional skills-building games that help children improve their focus, learning readiness, behavioral skills, physical health and emotional stability. Developed from over 30 years of classroom, counseling and clinical experience, it works for a wide range of students, including those with severe behavior disorders.

Supported by the latest research in neuroscience, trauma and social/emotional learning, this workshop models how to create optimal learning and therapeutic environments while teaching you the complete Yoga Calm Wellness System, including its five key wellness principles and 60 activities. Storytelling, symbolic language and the complementary aspects of Eastern and Western psychology will also be covered and case histories and collegial sharing will add depth and relevance to your learning.

### LEARN NEW GAMES, ACTIVITIES, PROCESSES THAT ...

- Reduce stress, self-nurture and regulate emotions.
- Improve self control, concentration and imagination.
- Increase fitness, self-confidence and self-esteem.
- Enhance communication, trust, teamwork and leadership.
- Help with ADHD, anxiety, autism and other behavior disorders.
- Help you with classroom management.
- Support your health, too! (No yoga experience necessary.)

There will also be ample time to renew your spirit with restorative yoga sessions and hundreds of acres of woods, lakes and hiking trails nearby. Overnight accommodations and meals are a short walk away, around the lake at the Redemptorist Retreat. Oconomowoc is 35 miles from Milwaukee, between Minneapolis and Chicago.

3 Graduate Credits and 30 Clock Hours available. Coursework qualifies toward Yoga Calm Certification as Wellness 1, 2 and 3 Workshops. Certificate of training hours provided.

[www.yogacalm.org](http://www.yogacalm.org)