

Outline

MIND-BODY CONNECTION

Neuroscience of attention, learning and behavior
Rationale for yoga and mindfulness in the classroom
Research on yoga in schools

SELF-REGULATION: A 5 STEP APPROACH

Noticing
Mindful Choice
Practice
Reflection
Integration

PRACTICAL TOOLS FOR THE CLASSROOM

Let's Breathe
Conscious breathing exercises to calm and center or empower and energize
Balloon Breath
Countdown to Calm
Power Breath
Conductor Breath, and more...

At Your Desk

Convenient, time-saving seated stretches and modified yoga postures to refresh and focus
Cat Pose
Open Heart
Corkscrew
Sitting Pigeon, and more...

Stand Strong

Simple, structured opportunities to stand up and stretch, balance and strengthen
Mountain
Waterfall
Crescent Moon
Desk Puppy, and more...

Loosen Up

Take a break activities designed to dispel stress, build community and promote readiness to learn
Do My Best

Questions? Call customer service at **800-844-8260**

Geyser
Posture Prep
Stick Ems, and more...
Be Well
Developmentally-appropriate discussion starters supporting health and wellness of the whole child
Celebrate You
Practice Peace
Get Your Zzzzs
Be Clean, and more...
Imagination Vacation
Modified, child-friendly approaches to meditation and relaxation
Special Friend
Mindful Meditations
Gratitude Relaxation
Picture it Tree, and more...

SEQUENCES

Morning Meeting
Take a Break
Transitions
Pre-Writing & Writing Break
Pre-Testing & Testing Break
Calm / Focus
Mood / Energy Shift
Close of Day

SUSTAINABILITY

Tools and tips for engagement
Modify for individual needs and abilities
Empowering your students to integrate learning
Engaging the family
Monitoring the impact of implementation

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Marnie Sullivan at msullivan@pesi.com or call 715-855-8226.

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YOGA and MINDFULNESS in the CLASSROOM

Tools to Improve Self-Regulation, Learning and Classroom Climate



BOWIE, MD
Tuesday, February 6, 2018

PIKESVILLE, MD
Friday, February 9, 2018

ROCKVILLE, MD
Tuesday, February 20, 2018

YOGA and MINDFULNESS in the CLASSROOM

Tools to Improve Self-Regulation, Learning and Classroom Climate



- 67 simple, classroom-friendly yoga and mindfulness techniques to support self-awareness, self-regulation, social and emotional learning and resilience
- Understand the neuroscience of stress, the symptoms and how it affects learning and behavior
- 5 critical steps to integrated self-regulation
- Facilitate learning readiness, reduce impulsive behaviors and improve student achievement
- Improve classroom management while supporting students individual needs, cultivating a positive, peaceful, productive classroom climate
- Become a more effective educator as you lead and practice these tools with your students

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YOGA and MINDFULNESS in the CLASSROOM

Tools to Improve Self-Regulation, Learning, and Classroom Climate

Do you find yourself wondering what more you can do to help your easily distracted student? The one who has a hard time maintaining focus? What if you had the tools that would enhance focus and attention, ease anxiety, and improve confidence, self-esteem and academic performance? During this seminar, you will learn simple, developmentally appropriate yoga and mindfulness tools that can be immediately integrated into your daily curriculum. These skills are a proven and effective way to promote self-regulation ability, learning readiness and resilience while cultivating a positive, peaceful, productive classroom.

Through the framework of - Noticing, Mindful Choice, Practice, Reflection, Integration – you will learn how to empower your students and yourself with increased self-awareness, the foundation for the development of self-regulation skills and cognitive control. Through 67 simple yoga and mindfulness-based activities designed to engage the whole child, you will help your students move from a state of anxiety and dysregulation to a state of engagement, control and connectedness. All activities are specially chosen for their suitability for the typical classroom space and schedule and can be done standing beside or sitting at desks, while hands and bodies remain off the floor. Yoga 4 Classrooms is easy for teachers, students, and therapists to use, and helps to create a more harmonious, learning-friendly school day.

This inspiring workshop will give you the tools to integrate yoga and mindfulness skills into your classroom, leaving everyone feeling empowered, calm and ready to learn. Absolutely no yoga experience is required.

Speaker

Jennifer Mueller, E-RYT, RCYT, is a ChildLight Yoga and a Yoga 4 Classrooms Trainer as well as a yoga instructor for adults, children, and families in Washington, DC.

Jen has been teaching yoga students of all ages since 2008. In addition to being a trainer for ChildLight Yoga and Yoga 4 Classrooms, Jen is an Itsy Bitsy Yoga facilitator, a Certified Educator of Infant Massage through Infant Massage USA, and has trained with Budding Yogis and YoKid: Stretch Your Limits.

Before turning her attention to yoga full time, Jen worked in non-profit administration and advocacy communications. She holds a Bachelor of Science degree from the University of Massachusetts and a Master in Public Management degree from the University of Maryland. Her experience in social change movements and managing charitable organizations has been extremely helpful when working with schools and community organizations to implement yoga and mindfulness programs for children.

Jen brings a sense of joy and playfulness to her classes - both the adult and kids classes - and hopes to offer her students the sense of freedom she finds in yoga.

Speaker Disclosures:

Financial: Jennifer Mueller is a trainer for Childlight Yoga® and Yoga 4 Classrooms®. Ms. Mueller receives a speaking honorarium from PESI, Inc.

Non-financial: Jennifer Mueller is a member of the Yoga Alliance.

★ Satisfaction 100% Guaranteed ★

Target Audience: Educators • Special Educators • School Administrators
School Social Workers • School Counselors • School Nurses • Paraprofessionals
Occupational Therapists • Physical Therapists • Speech-Language Pathologists

Objectives

1. Explore the mind-body connection and how it affects learning and behavior.
2. Evaluate the physical, cognitive, social, and emotional benefits of yoga and mindfulness-based interventions for children in schools.
3. Determine the signs of imbalance in your students and yourself.
4. Develop opportunities for taking yoga breaks during the school day.
5. Implement 67 simple yoga and mindfulness activities as needed throughout the day.
6. Design outcome-focused sequences based on time available: calming, focusing, energizing, community building.
7. Access additional tools and resources to ensure continued progress.

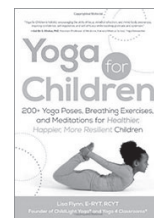
***SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!**



Yoga 4 Classrooms® Activity Card Deck

By Lisa Flynn, E-RYT, RCYT

The Yoga 4 Classrooms® Card Deck is a fun and effective tool primarily for educators, counselors and therapists to use with children for a peaceful and productive classroom. Larger 6"x8" boxed set features 67 yoga and mindfulness-based activity cards which include illustrated instructions, discussion points, sub-activities, and educational tie-ins, for a total of more than 200 beneficial classroom practices. The activities were specially chosen for their suitability for the typical classroom space. That means all activities can be done standing beside or sitting at desks, while bodies and hands remain off the floor, away from dirt and germs. The cards include a mix of yoga postures, brain boosting movements, breath exercises, visualizations, mindfulness activities, creative movement and community-building games.



Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children

By Lisa Flynn, E-RYT, RCYT

Yoga has gone mainstream in the adult world, and it's about time kids' had the same opportunities to de-stress, find inner peace, and get healthy! Kids' yoga expert Lisa Flynn teaches children the joys of yoga practice-and trains their parents, educators, and therapists how to pass along yoga's endless benefits to children ages 2 and older in their own communities. Based on her proven ChildLight Yoga® teacher training program, Yoga for Children includes everything parents need to know to lead their own children through an effective, centering practice.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact ceps@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

SPEECH-LANGUAGE PATHOLOGISTS: This course contains 6.0 hours of continuing education. It was not offered for ASHA CEUs. Please retain your certificate of completion. If audited for ASHA Certification Maintenance, you can submit this certificate of completion at that time. For state licensure, teacher certification renewal, or other credential renewal, contact those agencies for information about your reporting responsibilities and requirements.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

How to Register:

YOGA AND MINDFULNESS IN THE CLASSROOM:
TOOLS TO IMPROVE SELF-REGULATION, LEARNING AND CLASSROOM CLIMATE

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1 Please complete entire form (to notify you of seminar changes):
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For your convenience, confirmations are sent via email.

2 Check location: (make copy of locations)

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ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.** Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.

Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.

3 Check tuition:

TUITION WITH SEMINAR MANUAL

\$199.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

\$219.99 standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- \$32.00*** Yoga 4 Classrooms® Activity Card Deck
- \$17.95*** Yoga for Children book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
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See below for individual product orders

Yoga and Mindfulness in the Classroom: Tools to Improve Self-Regulation, Learning and Classroom Climate

___ Seminar on DVD* (video) \$199.99 (RNV062620)

___ Seminar on CD* (audio) \$169.99 (RNA062620)

___ **Yoga 4 Classrooms® Activity Card Deck*** \$32.00 (NBA083535)

___ **Yoga for Children** book* \$17.95 (SAM083540)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

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Subtotal _____
**Tax _____
TOTAL _____



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