

# Outline

## The Neuroscience of Yoga & Mindfulness

Soothe the protective brain, engage and exercise the thoughtful brain

The brain-body relationship

Regulate the nervous system

Manage emotions

Explore the relationship between attachment, embodiment and attention

## Strategies for Teaching Yoga & Mindfulness to Children

8 guidelines to create an emotionally and physically safe space

Making practice relevant

ADHD considerations

## Building Your Toolkit of Practices

The Five Elements of Yoga and Mindfulness

**Connect:** Practices to increase present moment awareness of self and others (*Mindful Listening, Checking in Worksheet, Caring Feelings Meditation, I Am In Charge*)

**Breathe:** Practices to stabilize energy and emotions (*Grounding Breath, Empowering Breath, Calming Breath, Balancing Breath*)

**Move:** Yoga based movement to regulate energy, and develop an improved sense of agency (*Grounding, Strengthening, Balancing*)

**Focus:** Activities to build focus and attention capacity (*Single Pointed Focus, Thought River Meditation, Expanding Energy Meditation*)

**Relax:** Practices to calm the nervous system (*Restorative Yoga, Tense and Let Go*)

**Addressing Resistance**

Create an invitation to participate

Make practices relevant

Effective modeling

Skillful acceptance

Use mindfulness and yoga in challenging moments

### Live Seminar Schedule

7:30 Check-in/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](http://www.pesi.com), find your event, and click on the seminar title.

# Objectives

1. Analyze the relationship between brain, nervous system, and body, and prescribe yoga and mindfulness practices to support effective integration and function.

2. Deduce situations in which yoga and mindfulness practices will be helpful, and understand how to implement them.

3. Implement yoga and mindfulness practices in an engaging, safe and effective manner.
4. Maximize children's capacity for focusing attention in a way that is strength based and supportive of their individual needs.

5. Help children come into better emotional balance, reduce impulsive behavior, and support their capacity to make good choices.


6. Prioritize your own resilience and effectiveness with mindfulness-based self-care.

### Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson Graf at [mgraf@pesi.com](mailto:mgraf@pesi.com) or call 715-855-8199.

### 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](http://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.



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# Yoga & Mindfulness for Kids:

## Improve Emotional Regulation and Increase Attention

Peabody, MA  
Wednesday, October 18, 2017

Woburn, MA  
Thursday, October 19, 2017

Dedham, MA  
Friday, October 20, 2017


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# Yoga & Mindfulness for Kids:

## Improve Emotional Regulation and Increase Attention

With **Crystal McCreary, MFA, ERYT-500, RCYT**

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Do you think yoga and mindfulness can help the children you work with, but have no idea where to start? You’ve learned some mindfulness activities, but can’t figure out when and how to use them? Run out of good options for working with your most challenging kids? All children deserve the chance to thrive, and a growing body of research shows that yoga and mindfulness are powerful tools to help navigate a challenging world.

Join Crystal McCreary, MFA, ERYT-500, RCYT, to explore how these practices can help kids soothe the protective part of their brain and engage and exercise the thoughtful part.

***You’ll walk away from this engaging seminar with a step-by-step approach for effectively sharing the proven practices of yoga and mindfulness to help children and adolescents who are struggling to regulate their emotions, sustain attention and control impulsive behavior.***

Based on a program used with tens of thousands of children in NYC schools, this framework for helping children access the inner resources of their body, breath and mind is comprehensive and effective, as well as accessible even for those with no prior yoga or mindfulness experience.

It’s time to help our kids move away from reactivity and toward balanced engagement with the world, both at home and at school. This seminar combines discussion, lecture, practice and reflection to send you back to your work inspired and empowered with both new tools and a clear knowledge of how to implement them.

## Speaker

**Crystal McCreary, MFA, ERYT-500, RCYT**, is an educator and yoga instructor with experience as both a public school classroom teacher and administrator. She has over 10 years of experience teaching yoga and mindfulness, and is a teacher and lead trainer for Little Flower Yoga. Crystal leads trainings on teaching yoga in K-12 urban schools and participates regularly as a curriculum consultant and lead teacher for research studies on yoga and mindfulness conducted by CUNY-Hunter’s public health department. Having experienced yoga and mindfulness to be extremely effective techniques for cultivating wellness in stress-filled modern life for 18 years, Crystal’s mission is to bring about wellness in underserved communities and combat the toxic stress that too frequently creates barriers to learning, along with significant health challenges. Her teaching is most significantly influenced by the 500-hour YogaWorks Teacher Training program, Jason Crandell, Jason Ray Brown’s Anatomy Studies for Yoga Teachers & Movement Professionals, Headstand: Yoga in Schools Training, Bent on Learning’s Certification Program for Yoga in Schools, the Mindful Schools training courses, and Little Flower Yoga.

Speaker Disclosures:

Financial: Crystal McCreary has employment relationships with Little Flower Yoga and Bent on Learning. She also maintains a private practice. Ms. McCreary receives a speaking honorarium from PESI, Inc.

Nonfinancial: Crystal McCreary has no relevant nonfinancial relationships to disclose.

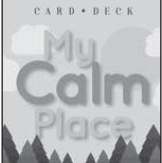
**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee.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

## Valuable Seminar For Professionals

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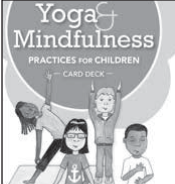


**\*SAVE by including these products with your seminar registration!**



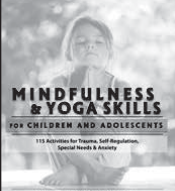
**My Calm Place:** *Yoga, Mindfulness & Meditation Strategies for Children*  
By Barbara Neiman, OTR & Sheila Lewis

*My Calm Place* card deck combines yoga, meditation, mindfulness and guided imagery activities to calm emotions and promote self-regulation in children. Fun and easy-to-use, these 50 exercises are perfect for the classroom, clinic or at home.



**Yoga and Mindfulness Practices for Children Card Deck**  
By Jennifer Cohen Harper, MA, E-RYT, RCYT

*Yoga and Mindfulness Practices for Children Card Deck* offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children’s yoga teacher, Karen Gilmour, coupled with easy-to-read instructions.



**Mindfulness & Yoga Skills for Children and Adolescents**  
115 Activities for Trauma, Self-Regulation, Special Needs & Anxiety  
By Barbara Neiman, OTR

New and unique exercises in yoga, meditation, guided imagery and somatic explorations fill this comprehensive skills guide. This book is brimming with 115 practical and easy to use tools and stories supporting critical life skills for families, classrooms and therapy sessions.

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

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*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 [cepesi@pesi.com](mailto:cepesi@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.

**MASSACHUSETTS COUNSELORS:** Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LMHC CE certification.

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**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.


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**NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 6.25 contact hours.

**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.

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**PESI, Inc.** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**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](http://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.

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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](http://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.

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*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!

- ☐ **\$16.99\*** *My Calm Place* card deck
- ☐ **\$24.99\*** *Mindfulness & Yoga Skills for Children and Adolescents* book
- ☐ **\$19.99\*** *Yoga and Mindfulness Practices for Children Card Deck*

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

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___ <b>Mindfulness &amp; Yoga Skills for Children and Adolescents</b> book* \$24.99 (PUB083525)	
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