

## Outline

### Yoga and Mindfulness Support Learning

The Brain-Body-Nervous System Relationship

Cultivating Student's Inner Resources of Body, Breath and Mind

The Five Elements of Yoga and Mindfulness

Connect: Increase present moment awareness of self, others and the environment

Breathe: Stabilize energy and emotions, regulate nervous system

Move: Increase engagement and boost brain activity

Focus: Manage distractions, increase focus and attention capacity

Relax: Calm the nervous system and improve energy and classroom climate

### Ready to Learn: Set the Stage for Success

Enhance Your Classroom Climate

Create Mindfulness-Based Routines

Manage and Maximize Transitions

## Objectives

1. Communicate the relationship between brain, nervous system, and body, and how yoga and mindfulness can support learning
2. Practice yoga and mindfulness activities to use in the classroom safely and effectively
3. Implement practices that reduce student anxiety
4. Maximize focused engagement in students and teach them to manage distractions
5. Support capacity for self-awareness and self-regulation
6. Design an improved classroom climate and gain tools for navigating challenging behavior

### Valuable Seminar For Professionals

Educators • Special Educators • School Administrators • School Psychologists • Social Workers • School Counselors  
School Nurses • Paraprofessionals • Occupational Therapists • Physical Therapists • Speech Language Pathologists

**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.

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

### Transform Classroom Challenges into Opportunities

Navigate Student Anxiety, Stress and Overwhelm in the Classroom

Increase Energy and Engagement through movement and breathwork

Prepare for Testing and Learn Test-Taking Strategies

Manage distractions and strengthen focus through movement and mindfulness practices

### Create a Mindful School Culture

Mindfully (and Effectively)


Respond to Challenging Behavior

Accessibility, Inclusivity, and Secularism in School-Based Yoga

Reflective Teaching: Become a Mindful Educator

Reduce Teacher Stress, Avoid Burnout, and Minimize Secondary Trauma





Applications of the Adult Attachment Interview

**DR. DAN SIEGEL**

1.5 CE HOUR

**HURRY** OFFER EXPIRES

August 15, 2017

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# Yoga & Mindfulness

## Tools for the Classroom

Increase Engagement and Focus, Decrease Anxiety and Dysregulation, Support Academic Success



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Monday, October 23, 2017

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# Yoga & Mindfulness

## Tools for the Classroom

Increase Engagement and Focus,  
Decrease Anxiety and Dysregulation,  
Support Academic Success

*"Little Flower Yoga offers a step-by-step map to help you make this body-centered mindfulness practice a regular part of your life with the kids you care for."*

– Daniel J. Siegel, MD,

author of bestselling *Brainstorm* and *The Whole-Brain Child*

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# Yoga & Mindfulness

## Tools for the Classroom

Imagine your classroom full of calm, yet alert and engaged students with strong self-awareness, and the capacity to navigate challenging and stressful situations thoughtfully and confidently!

In today's seminar, I will share with you yoga and mindfulness-based tools to develop the inner resilience students need to navigate physical, mental and emotional stress, and overcome barriers to learning. I will show you how to bring these practices to your school in a simple and effective way. Yoga and mindfulness may help make your students' lives healthier, and increase their capacity to learn effectively, handle distraction, manage challenging emotions, self-regulate behavior, and achieve personal and academic success!

This seminar balances practical activities with theory to be taught in the classroom without mats and prior yoga or mindfulness experience.

- Share simple, powerful 1-5 minute yoga and mindfulness practices in your classroom
- Learn how yoga and mindfulness impact a child's brain, and how you can harness this knowledge to help your students thrive
- Explore strategies for increasing focus and reducing anxiety during test-prep and testing
- Discover ways to improve classroom climate, maximize the potential of transitions, and minimize dysregulation and disruption
- Mindfulness practices to support your own capacity for skillful action during challenging student behavior

## 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:

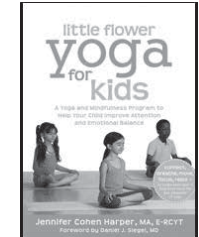
Financial: Crystal McCreary has employment relationships with Little Flower Yoga and Bent on Learning. She also maintains a private practice. Ms. McCreary receives a speaking honorarium from PESI, Inc.

Non-financial: Crystal McCreary has no relevant non-financial 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.

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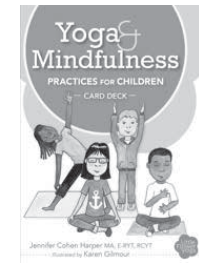
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### Little Flower Yoga for Kids

By Jennifer Harper, MA, E-RCYT, forward by Daniel J. Siegel, M.D.

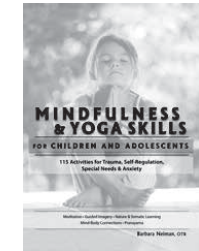
*Little Flower Yoga for Kids* offers this fun and unique program combining yoga and mindfulness in an easy-to-read format. Written specifically for parents and kids, the book aims at teaching children to pay attention, increase focus, and balance their emotions-all while building physical strength and flexibility. The simple yoga exercises in this book can easily be integrated into their child's daily routine, ultimately improving health, behavior, and even school achievement.



### Yoga and Mindfulness Practices for Children Card Deck

By Jennifer Cohen Harper, MA, E-RYT, RCYT

Jennifer Cohen Harper, *Little Flower Yoga* founder, author, and mindfulness and yoga expert (and parent), has created another unique resource to help children embrace their full potential. *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.

#### Live Seminar Schedule

**7:30** Check-in/Morning Coffee & Tea      **11:50-1:00** Lunch (on your own)  
**8:00** Program begins      **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.

### 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 [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.

**INDIANA COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. Indiana Professional Licensing Agency, Behavioral Health and Human Services Licensing Board recognizes courses and providers that are approved by the American Psychological Association, ASWB or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation to submit to their state board.

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

**INDIANA EDUCATORS:** 6.0 Professional Growth Points are available for full attendance at this seminar per the Indiana Department of Education standards.

**MICHIGAN SCHOOL PERSONNEL & EDUCATORS:** An application has been submitted for State Board Continuing Education Units (SB-CEUs) for the face-to-face program only. Those seeking SB-CEUs must attend 100% of the face-to-face seminar in addition to completing an SB-CEU Participant Application Form (available at the seminar) and following sign-in/sign-out procedures as directed at the program. Additionally, participants will be required to complete the MDE evaluation in the Secure Central Registry. Specific instructions will be provided at the seminar.

**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.

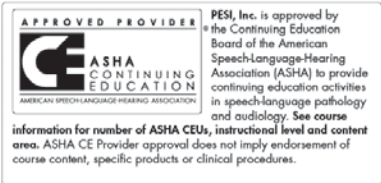
This activity qualifies for 6.25 contact hours.

**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.

**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.

**INDIANA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Indiana Chapter, American Physical Therapy Association for review. Please contact our customer service department for the most current information.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



**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.

QUESTIONS? Call **800-844-8260** or e-mail us at [info@PESI.com](mailto:info@PESI.com).

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☐ **\$19.95\*** *Little Flower Yoga for Kids* book

☐ **\$19.99\*** *Yoga and Mindfulness Practices for Children Card Deck*

☐ **\$24.99\*** *Mindfulness & Yoga Skills for Children and Adolescents* book

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\_\_\_ **Mindfulness & Yoga Skills for Children and Adolescents** book\* \$24.99 (PUB083525)

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