

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*)

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 or call 715-855-8199.

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, find your event, and click on the seminar title.

Questions?

Call customer service at
800-844-8260

Objectives

1. Examine the relationship between brain, nervous system, and body, and articulate how yoga and mindfulness can aid in supporting effective integration and function.
2. Integrate yoga and mindfulness practices into treatment to help clients regulate their emotions.
3. Implement yoga and mindfulness into clinical practice to enhance clients' self-awareness.
4. Utilize mindfulness strategies in a strength based, supportive manner to assist in improving client's ability to attend and focus.
5. Evaluate mindfulness techniques that may help children become more emotionally regulated as well as reduce impulsivity and increase positive decision making skills.
6. Articulate strategies that can be integrated into treatment to help improve resilience and mindfulness-based self-care among clients.

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.

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Yoga & Mindfulness for Kids: Improve Emotional Regulation and Increase Attention

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Wednesday, December 13, 2017

Cedar Rapids, IA
Thursday, December 14, 2017

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Yoga & Mindfulness for Kids: Improve Emotional Regulation and Increase Attention

"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*

Walk away with
a toolkit filled with
simple practices to
immediately support
your clients!

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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 Argos Gonzalez, M.Ed., 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 to integrate the 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 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

Argos Gonzalez, M.Ed., is a Certified Children's Yoga Teacher for Little Flower Yoga, and Certified Mindful Schools Instructor based in New York. He uses his mindfulness & yoga training with students of all ages including his graduate students and facilitates professional workshops and training for educators and allied professionals around the country. More recently, he is proud to be able to support the organizations that trained him as director of curriculum and professional development for Little Flower Yoga, and guiding teacher for one of Mindful Schools' online course.

Argos was also a contributing editor of Best Practices for Yoga in Schools and has been featured in The Atlantic and NPR. Argos has also had the honor of sharing his expertise on mindfulness and yoga at nationally recognized conferences such as the Kripalu Yoga in Schools Symposium, Bridging the Hearts and Minds of Youth Conference in San Diego, and The Yoga Service Conference at the Omega Institute.

Speaker Disclosure:

Financial: Argos Gonzalez is an adjunct lecturer with Hunter College C.U.N.Y. He is a speaker for Mindful Schools and receives compensation. Mr. Gonzalez receives a speaking honorarium from PESI, Inc.

Non-financial: Argos Gonzalez has no relevant non-financial relationship to disclose.

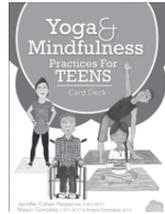
Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions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

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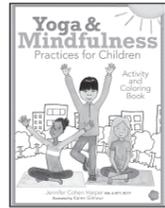
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Yoga and Mindfulness Practices for Teens Card Deck

By Jennifer Cohen Harper, MA, E-RYT, RYCT, Argos Gonzalez, M.ED. and Mayuri Breen Gonzalez **YOUR SPEAKER**

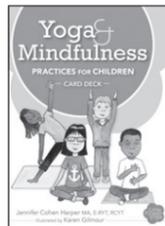
Yoga and Mindfulness Practices for Teens Card Deck offers over 50 practices to help teens become stronger, more flexible, get better rest, manage anxiety and learn to navigate stressful situations without becoming overwhelmed. Beautifully illustrated by Karen Gilmour, coupled with easy-to-read and easy-to-implement instructions.



Yoga and Mindfulness Practices for Children Activity and Coloring Book

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

Jennifer Cohen Harper, internationally recognized yoga and mindfulness expert, has created simple and fun tools to help guide children through the many stressors of life. *Yoga and Mindfulness Practices for Children Activity and Coloring Book* offers 50 engaging activities, coloring pages and worksheets that support health, well-being, empowerment and an improved capacity to navigate those pressures of life without becoming overwhelmed.



Yoga and Mindfulness Practices for Children Card Deck

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

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.



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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 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.

ILLINOIS COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The State of Illinois, Department of Financial and Professional Regulation, Division of Professional Counselors and Clinical Professional Counselors recognizes courses and providers that are approved by the American Psychological Association. 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.

ILLINOIS EDUCATORS: 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University. Those requesting ISBE Professional Development Clock Hours will be required to complete and return the ISBE "Evaluation for Workshop" form to be available at the seminar and submit the \$20 enrollment fee (cash or check payable to PESI only).

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ILLINOIS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

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This activity qualifies for 6.25 contact hours.

IOWA NURSES: PESI, Inc. is an approved provider by the Iowa Board of Nursing. Provider #: 346. Full attendance at this activity qualifies for 7.6 contact hours. Full attendance in the activity is required; no partial contact hours will be issued for partial attendance. These contact hours are used for your license renewal.

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 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.

ILLINOIS SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

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 for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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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.**

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Cannot be combined with other discounts.

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\$199.99 – choose one of the options below:
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