

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 & Webcast Schedule
(Times Listed in Eastern)

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.

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February 23, 2018

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

Roanoke, VA
Wednesday, February 21, 2018

Richmond, VA
Thursday, February 22, 2018

Norfolk, VA
Friday, February 23, 2018

Live Video Webcast
Friday, February 23, 2018

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Objectives

1. Communicate 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.

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.

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 Mayuri Gonzalez, E-RYT, RCYT, director of the School Yoga Project, (a Little Flower Yoga program in New York City schools), 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

Mayuri Gonzalez, E-RYT, RCYT, is a nationally recognized presenter, trainer and instructor in mindfulness and children's yoga, leading teacher trainings and continuing education seminars at renowned retreat centers such as The Omega Institute and IONS Earthrise Center. She has more than 25 years of experience practicing yoga and mindfulness, and provides therapeutic yoga classes to children and families as well as teaching yoga and mindfulness classes in schools and community centers.

In her role as director of the School Yoga Project, (a Little Flower Yoga program that brings yoga and mindfulness classes to children in New York City schools), Mayuri trains and mentors teachers, counselors and school support staff. She is a contributing author to *Transforming Education: Best Practices for Yoga in Schools*, published by the Yoga Service Council, as well as author of *Little Flower Chair Yoga: A Sustainable Approach*. As an active member of the Yoga Service Council and the International Association for Yoga Therapists, Mayuri maintains a strong community of support and a commitment to continuous learning.

Speaker Disclosures:
Financial: Mayuri Gonzalez is the founder and co-owner of Prasanthi Studio Family Yoga and Wellness. She is the director of The School Yoga Project a program of Little Flower Yoga. She receives a speaking honorarium from PESI, Inc.
Non-financial: Mayuri Gonzalez has no relevant non-financial relationship to disclose.

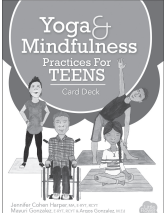
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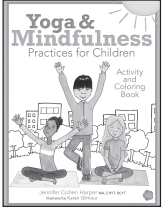
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By Jennifer Cohen Harper, MA, E-RYT, RCYT, Argos Gonzalez, M.ED. and Mayuri Breen Gonzalez **YOUR SPEAKER**

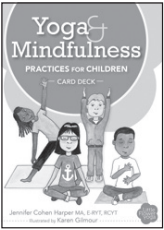
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Yoga and Mindfulness Practices for Children Activity and Coloring Book

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

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, 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.

LIVE WEBCAST DETAILS

Join us on February 23, 2018, for this live, interactive webcast!

Invite your entire organization and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$19.99 per CE Certificate for each additional participant.

Live Seminar & Webcast 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.

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PSYCHOLOGISTS: This course is for informational purposes only. No continuing education credit is available.

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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.

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