

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 & Webcast Seminar 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.

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.

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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**.

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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

Hyannis, MA
Tuesday, March 20, 2018

Taunton, MA
Wednesday, March 21, 2018

Worcester, MA
Thursday, March 22, 2018

Live Video Webcast
Thursday, March 22, 2018

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

With **Jennifer Cohen Harper**,
Author, Founder and Director of Little Flower Yoga

"Jennifer Cohen Harper 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 books *Brainstorm* and *The Whole-Brain Child*

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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 Jennifer Cohen Harper, author, founder and director of Little Flower Yoga, 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

Jennifer Cohen Harper, MA, E-RCYT, is a leading voice in the children's yoga and mindfulness community, and the author of *Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance*. She is the founder and director of Little Flower Yoga, a national organization based in New York, and The School Yoga Project, which brings yoga and mindfulness to schools nationwide. Jennifer is the vice president of the Yoga Service Council and an active member of the International Association of Yoga Therapists. She leads a well-respected children's yoga and mindfulness teacher certification program, provides therapeutic yoga classes to children and families, and frequently collaborates with other organizations to bring yoga and mindfulness to places as diverse as tent cities in Port au Prince, Haiti, Sanctuary for Families in NY, and the Bronx Zoo. Her work has been featured in prominent publications including *The New York Times* and the *International Journal of Yoga Therapy*. Jennifer is a talented presenter, offering powerful information in a practical, easy-to-implement format with warmth, humor and joy.

Speaker Disclosures:

Financial: Jennifer Cohen Harper is the founder/director of Little Flower Yoga and The School Yoga Project. She is a compensated author for New Harbinger Publications. Her work on yoga and mindfulness has been featured in numerous publications including *The New York Times* and the *International Journal of Yoga Therapy*. She receives a speaking honorarium from PESI, Inc.

Non-financial: Jennifer Cohen Harper is the vice president of the Yoga Service Council. She is a member of the International Association of Yoga Therapists.

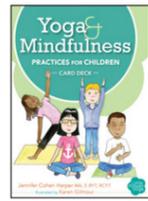
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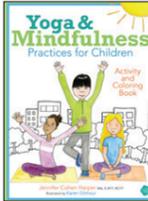
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By Jennifer Cohen Harper, MA, E-RYT, RCYT **Your Speaker**

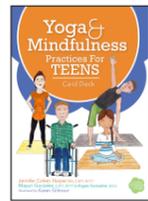
Yoga and Mindfulness Practices for Children Card Deck offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read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



Yoga and Mindfulness Practices for Children Activity and Coloring Book

By Jennifer Cohen Harper, MA, E-RYT, RCYT **Your Speaker**

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 Teens Card Deck

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

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.

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

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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 cepsi@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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