

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.

LIVE WEBCAST DETAILS Join us on March 22, 2018, for this live, interactive webcast!

Invite your entire office 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.

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**.

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.

Don't Miss!
**LIVE VIDEO
WEBCAST**

THURSDAY
March 22, 2018

REGISTER ONLINE
pesi.com/express/60690



SCAN HERE TO
SHOP OUR
HOT DVD DEALS!



Training brought right to you
www.pesi.com/inhouse



NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI
P.O. Box 1000
Eau Claire, WI 54702
A Division of PESI, Inc.

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

REGISTER NOW:
pesi.com/express/60690

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*

Live Video Webcast
Thursday, March 22, 2018

Hyannis, MA
Tuesday, March 20, 2018

Taunton, MA
Wednesday, March 21, 2018

Worcester, MA
Thursday, March 22, 2018

PESI
www.pesi.com
A Non-Profit Organization Connecting
Knowledge with Need Since 1979

REGISTER NOW: pesi.com/express/60690

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.

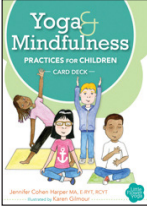
Valuable Seminar For Professionals

Occupational Therapist • Occupational Therapy Assistants • Counselors Social Workers • Psychologists
Therapists • Educators • Marriage & Family Therapists • Speech-Language Pathologists • Nurses
Other Mental Health Professionals

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.

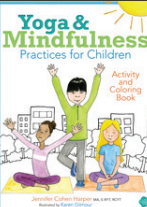


***SAVE by including these products with your seminar registration!**



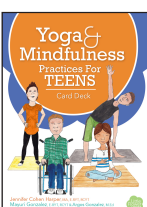
Yoga and Mindfulness Practices for Children Card Deck
By Jennifer Cohen Harper, MA, E-RYT, RCYT **Your Speaker**

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**

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 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.

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 for the status of LMHC CE certification.

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

MASSACHUSETTS SCHOOL PERSONNEL: This course may be applicable for 6.25 Professional Development Points toward your Professional Development Plan per the Massachusetts Department of Education recertification guidelines; check with your licensing authority for more information.

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.


MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS: This course has been submitted for review for continuing education approval. Credit is pending.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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.

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

APPROVED PROVIDER



ASHA CONTINUING EDUCATION
AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

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.

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.

How to Register:

YOGA & MINDFULNESS FOR KIDS:
IMPROVE EMOTIONAL REGULATION AND INCREASE ATTENTION

ONLINE
pesi.com/express/60690

PHONE
800-844-8260
Please have credit card available

FAX
800-554-9775

MAIL
PESI
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

For your convenience, confirmations are sent via email.

2 Check location: (make copy of locations)

HYANNIS, MA
March 20, 2018
Holiday Inn
1127 Iyannough Road • 02601
(508) 775-1153

TAUNTON, MA
March 21, 2018
Holiday Inn
700 Myles Standish Blvd • 02780
(508) 823-0430

WORCESTER, MA
March 22, 2018
Beechwood Hotel
363 Plantation St • 01605
(508) 754-5789

LIVE VIDEO WEBCAST
March 22, 2018
Broadcast LIVE to your computer!

Register now!
pesi.com/express/60690

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.
- Groups of 5 or more:** Call 800-844-8260 for discounts.
- 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.*
- Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

PLEASE RETURN ENTIRE REGISTRATION FORM

FOR OFFICE USE ONLY

Fed ID # 26-3896894
© 2017 PESI, Inc.

3 Check tuition:

On-Site 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!

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

☐ **\$19.99*** *Yoga and Mindfulness Practices for Children Activity and Coloring Book* book

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

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

Webcast with downloadable seminar manual

☐ **\$199.99** registration (+ tax in MN, PA, WI)

4 Indicate method of payment:
ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI, Inc.**

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____
(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?
See below for individual product orders

Yoga & Mindfulness

— Seminar on DVD* (video) \$199.99 (RNV061905)

— Seminar on CD* (audio) \$169.99 (RNA061905)

— **Yoga and Mindfulness Practices for Children Card Deck*** \$19.99 (PUB084475)

— **Yoga and Mindfulness Practices for Children Activity and Coloring Book** book* \$19.99 (PUB084820)

— **Yoga and Mindfulness Practices for Teens Card Deck*** \$19.99 (PUB085180)

Product total \$ _____

*Shipping \$6.95 first item + \$2.00 each add'l item.

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

***Shipping Subtotal** _____

****Tax** _____

TOTAL _____