

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 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.

Objectives

1. Examine the relationship between the 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.

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.

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

Ann Arbor, MI
Monday, April 16, 2018

Lansing, MI
Tuesday, April 17, 2018

Grand Rapids, MI
Wednesday, April 18, 2018




REGISTER NOW: pesi.com/express/61656

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 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 Crystal McCreary, MFA, ERYT-500, RCYT, 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 for effectively sharing the proven 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 tens of thousands of 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.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

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 receives a speaking honorarium from PESI, Inc.

Nonfinancial: Crystal McCreary has no relevant nonfinancial relationships to disclose.

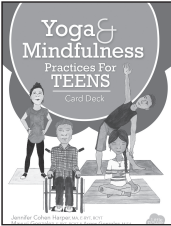


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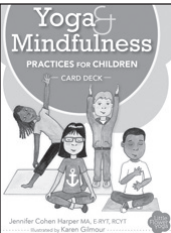
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By Jennifer Cohen Harper, MA, E-RYT, RCYT, Argos Gonzalez, M.ED. and Mayuri Breen Gonzalez

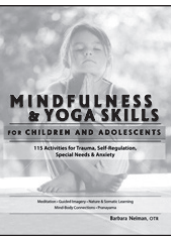
Yoga and Mindfulness Practices for Teens Card Deck offers over 50 practices to help teens become stronger, more flexible, get better rest, manage anxiety and learn to navigate stressful situations without becoming overwhelmed. Beautifully illustrated by Karen Gilmour, coupled with easy-to-read and easy-to-implement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



Yoga and Mindfulness Practices for Children 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.



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115 Activities for Trauma, Self-Regulation, Special Needs & Anxiety

By Barbara Neiman, OTR

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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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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.

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

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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.

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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.

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\$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 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.

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