

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.

Valuable Seminar For Professionals

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Marriage & Family Therapists • Speech-Language Pathologists
Occupational Therapists • Occupational Therapy Assistants
Nurses • Other Mental Health Professionals

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.



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

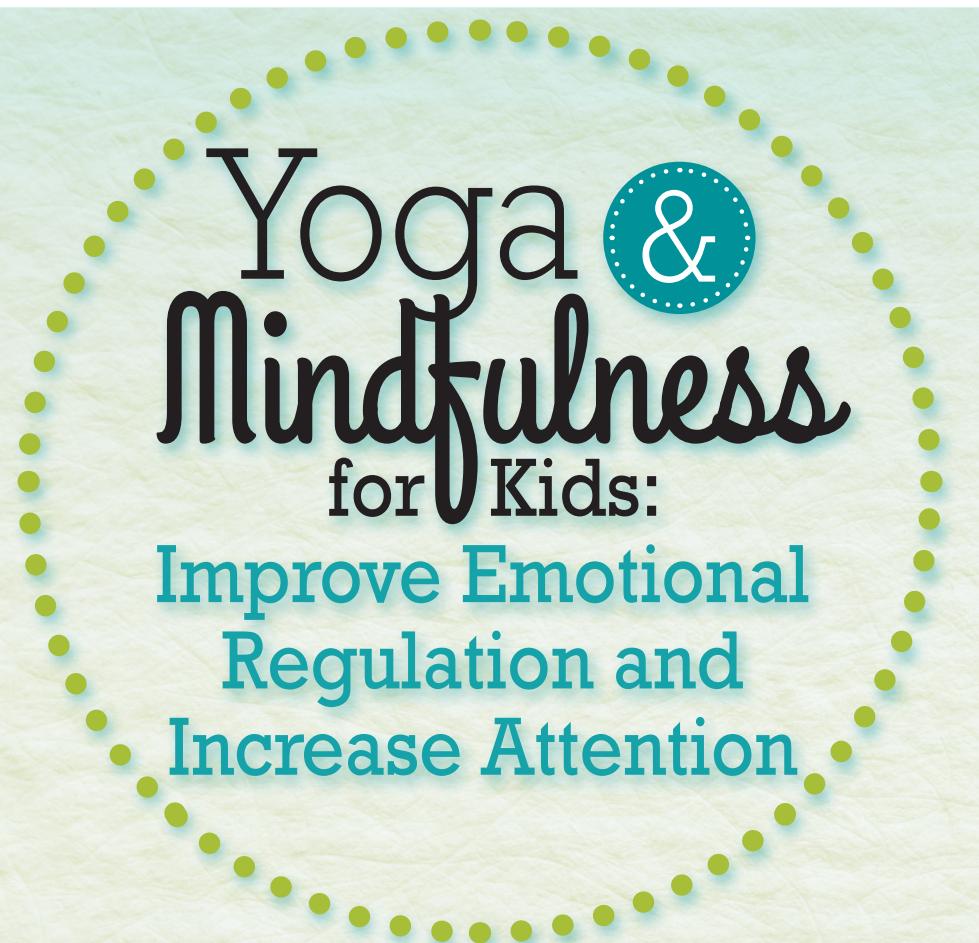
Plainview, NY
Tuesday, July 24, 2018

Flushing, NY
Wednesday, July 25, 2018

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Thursday, July 26, 2018

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"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*

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

Speakers

Your Speaker for Plainview and Flushing, NY

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.

Your Speaker for White Plains and Manhattan, NY

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

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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 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.

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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.

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