

## Outline

### MIND-BODY CONNECTION

Neuroscience of attention, learning and behavior  
Rationale for yoga and mindfulness in the classroom  
Research on yoga in schools

### SELF-REGULATION: A 5 STEP APPROACH

Noticing  
Mindful Choice  
Practice  
Reflection  
Integration

### PRACTICAL TOOLS FOR THE CLASSROOM

Let's Breathe  
Conscious breathing exercises to calm and center or empower and energize  
Balloon Breath  
Countdown to Calm  
Power Breath  
Conductor Breath, and more...

### At Your Desk

Convenient, time-saving seated stretches and modified yoga postures to refresh and focus  
Cat Pose  
Open Heart  
Corkscrew  
Sitting Pigeon, and more...

### Stand Strong

Simple, structured opportunities to stand up and stretch, balance and strengthen  
Mountain  
Waterfall  
Crescent Moon  
Desk Puppy, and more...

### Loosen Up

Take a break activities designed to dispel stress, build community and promote readiness to learn  
Do My Best

★ Satisfaction 100% Guaranteed ★

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

Geyser  
Posture Prep  
Stick Ems, and more...

### Be Well

Developmentally-appropriate discussion starters supporting health and wellness of the whole child  
Celebrate You  
Practice Peace  
Get Your Zzzzs  
Be Clean, and more...

### Imagination Vacation

Modified, child-friendly approaches to meditation and relaxation  
Special Friend  
Mindful Meditations  
Gratitude Relaxation  
Picture it Tree, and more...

### SEQUENCES

Morning Meeting  
Take a Break  
Transitions  
Pre-Writing & Writing Break  
Pre-Testing & Testing Break  
Calm / Focus  
Mood / Energy Shift  
Close of Day

### SUSTAINABILITY

Tools and tips for engagement  
Modify for individual needs and abilities  
Empowering your students to integrate learning  
Engaging the family  
Monitoring the impact of implementation

### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

**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](http://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.

**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.

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Marnie Sullivan at [msullivan@pesi.com](mailto:msullivan@pesi.com) or call 715-855-8226.

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# YOGA and MINDFULNESS in the CLASSROOM

Tools to Improve Self-Regulation,  
Learning and Classroom Climate



**EATONTOWN, NJ**  
Monday, January 28, 2019

**EDISON, NJ**  
Tuesday, January 29, 2019

**FAIRFIELD, NJ**  
Wednesday, January 30, 2019

# YOGA and MINDFULNESS in the CLASSROOM

Tools to Improve Self-Regulation,  
Learning and Classroom Climate



- 67 simple, classroom-friendly yoga and mindfulness techniques to support self-awareness, self-regulation, social and emotional learning and resilience
- Understand the neuroscience of stress, the symptoms and how it affects learning and behavior
- 5 critical steps to integrated self-regulation
- Facilitate learning readiness, reduce impulsive behaviors and improve student achievement
- Improve classroom management while supporting students individual needs, cultivating a positive, peaceful, productive classroom climate
- Become a more effective educator as you lead and practice these tools with your students

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# YOGA and MINDFULNESS in the CLASSROOM

Tools to Improve Self-Regulation, Learning, and Classroom Climate

Do you find yourself wondering what more you can do to help your easily distracted student? The one who has a hard time maintaining focus? What if you had the tools that would enhance focus and attention, ease anxiety, and improve confidence, self-esteem and academic performance? During this seminar, you will learn simple, developmentally appropriate yoga and mindfulness tools that can be immediately integrated into your daily curriculum. These skills are a proven and effective way to promote self-regulation ability, learning readiness and resilience while cultivating a positive, peaceful, productive classroom.

Through the framework of - Noticing, Mindful Choice, Practice, Reflection, Integration – you will learn how to empower your students and yourself with increased self-awareness, the foundation for the development of self-regulation skills and cognitive control. Through 67 simple yoga and mindfulness-based activities designed to engage the whole child, you will help your students move from a state of anxiety and disregulation to a state of engagement, control and connectedness. All activities are specially chosen for their suitability for the typical classroom space and schedule and can be done standing beside or sitting at desks, while hands and bodies remain off the floor. Yoga 4 Classrooms is easy for teachers, students, and therapists to use, and helps to create a more harmonious, learning-friendly school day.

This inspiring workshop will give you the tools to integrate yoga and mindfulness skills into your classroom, leaving everyone feeling empowered, calm and ready to learn. Absolutely no yoga experience is required.

## Speaker

**Lisa Flynn, E-RYT 500, RCYT**, is the founder and CEO of ChildLight Yoga® and Yoga 4 Classrooms® and a nationally-recognized leader and trainer within the field of yoga and mindfulness for children. Her programs provide evidence-informed yoga and mindfulness education to children and youth, and professional development trainings for educators, counselors, yoga teachers and allied professionals who support the physical, cognitive, social and emotional well-being of children and youth. Lisa is author of the *Yoga 4 Classrooms Activity Card Deck* (2011); *Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditation for Healthier, Happier, More Resilient Children* (2013); *Yoga For Children – Yoga Cards: 50+ Yoga Poses and Mindfulness Activities for Healthier, More Resilient Kids* (2018); contributor to *Best Practices for Yoga in Schools* (2015); and contributor/sponsor of the free *Research Respository: Yoga, Mindfulness and Meditation for Children, Adolescents and in Schools* (2016). She contributed to the first research study to use subjective and objective data to examine the acute and longitudinal effects of a school based yoga intervention published in the *Journal of Evidence-Based Complementary & Alternative Medicine*. Lisa's work has been highlighted in media outlets such as Fox News, Education Week, Forbes, Yoga Journal, and Parents Magazine. Lisa currently supports a diverse group of school communities who are implementing yoga and mindfulness as a school wide initiative.

**Speaker Disclosures:**  
Financial: Lisa Flynn is the Founder/Director of ChildLight Yoga® and Yoga 4 Classrooms®. She is an author for Adams Media and her work has been published in numerous journals/publications. Ms. Flynn receives a speaking honorarium from PESI, Inc.  
Non-financial: Lisa Flynn is a member of the Yoga Alliance; International Association of Yoga Therapists; and International Association for School Yoga and Mindfulness.



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.**

**Target Audience:** Educators • Special Educators • School Administrators • School Social Workers  
School Counselors • School Nurses • Paraprofessionals • Occupational Therapists • Physical Therapists  
Speech Language Pathologists

## Objectives

1. Explore the mind-body connection and how it affects learning and behavior.
2. Evaluate the physical, cognitive, social, and emotional benefits of yoga and mindfulness-based interventions for children in schools.
3. Determine the signs of imbalance in your students and yourself.
4. Develop opportunities for taking yoga breaks during the school day.
5. Implement 67 simple yoga and mindfulness activities as needed throughout the day.
6. Design outcome-focused sequences based on time available: calming, focusing, energizing, community building.
7. Access additional tools and resources to ensure continued progress.

**\*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!**



### Yoga 4 Classrooms® Activity Card Deck By Lisa Flynn, E-RYT, RCYT - Seminar Presenter!

The Yoga 4 Classrooms® Card Deck is a fun and effective tool primarily for educators, counselors and therapists to use with children for a peaceful and productive classroom. Larger 6"x8" boxed set features 67 yoga and mindfulness-based activity cards which include illustrated instructions, discussion points, sub-activities, and educational tie-ins, for a total of more than 200 beneficial classroom practices. The activities were specially chosen for their suitability for the typical classroom space. That means all activities can be done standing beside or sitting at desks, while bodies and hands remain off the floor, away from dirt and germs. The cards include a mix of yoga postures, brain boosting movements, breath exercises, visualizations, mindfulness activities, creative movement and community-building games.

### Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children

By Lisa Flynn, E-RYT, RCYT - Seminar Presenter!

Yoga has gone mainstream in the adult world, and it's about time kids' had the same opportunities to de-stress, find inner peace, and get healthy! Kids' yoga expert Lisa Flynn teaches children the joys of yoga practice-and trains their parents, educators, and therapists how to pass along yoga's endless benefits to children ages 2 and older in their own communities. Based on her proven ChildLight Yoga® teacher training program, Yoga for Children includes everything parents need to know to lead their own children through an effective, centering practice.

## Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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](mailto: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.*

*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.

**NEW JERSEY COUNSELORS:** 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.

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

**NEW JERSEY EDUCATORS, ADMINISTRATORS & EDUCATION SERVICES PERSONNEL:** This activity will offer 6.0 Actual Professional Development Hours. PESI, Inc., powered by MEDS-PDN, is a registered New Jersey Professional Development Provider with the NJ Dept of Education.

**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.



**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the New Jersey State Board of Physical Therapy for review.

**APPROVED PROVIDER**



**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](http://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.

**NEW JERSEY SOCIAL WORKERS:** Please contact PESI, Inc. at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for information about continuing education credits for social workers.

**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](mailto:info@pesi.com).

## How to Register:

YOGA AND MINDFULNESS IN THE CLASSROOM:  
TOOLS TO IMPROVE SELF-REGULATION, LEARNING AND CLASSROOM CLIMATE

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**2 Check location:** (make copy of locations)

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**January 28, 2019**

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**January 30, 2019**

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PLEASE RETURN ENTIRE REGISTRATION FORM

### 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

- **FREE MILITARY TUITION:** 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.**
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://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.

Go to [www.pesi.com/students](http://www.pesi.com/students) or call 800-844-8260 for details.  
**Advance registration required.**

Cannot be combined with other discounts.



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**3 Check tuition:**

### 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

**\$229.99** standard

### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

**\$32.00\*** *Yoga 4 Classrooms® Activity Card Deck*

**\$17.95\*** *Yoga for Children* book

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

**4 Indicate method of payment:**

**ALL REGISTRATIONS MUST BE PREPAID.**  
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\_\_\_ Seminar on CD\* (audio) \$169.99 (RNA062620)

\_\_\_ **Yoga 4 Classrooms® Activity Card Deck\*** \$32.00 (NBA083535)

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