

OUTLINE

**OVERVIEW**  
Current research on yoga for children  
LAB: Alignment, warm up & basic poses

**YOGA POSES AND TECHNIQUES FOR:  
AUTISM SPECTRUM DISORDER**  
Breathing exercises for awareness & regulation  
Poses to calm & relax the nervous system  
Partner poses for facilitating dyadic cooperation  
Meditation for strengthening attention  
LAB: Practice techniques

**ATTENTION DEFICIT DISORDER (ADHD)**  
Breathing exercises for calming the nervous system  
Centering exercises for reigning in attention & bringing energy levels down  
Facilitating focus via balance & core strengthening poses  
Relaxation for calming the body & mind  
Meditation to improve attention span  
LAB: Practice techniques

**BEHAVIOR AND EMOTIONAL PROBLEMS**  
Addressing resistance  
Precautions for dealing with childhood trauma, abuse and neglect

**DEVELOPMENTAL COORDINATION DISORDER**  
Breathing exercises for assisting with focus  
Promoting motor planning via sequenced poses  
Relaxation for relieving anxiety  
LAB: Practice techniques

OBJECTIVES

1. Communicate therapy goals reflecting each of the five components of well-balanced yoga practice.
2. Implement yoga poses/techniques to improve strength & balance and range of motion.
3. Select yoga poses/techniques to improve self-regulation and social & emotional skills.
4. Design simple, well-balanced, yoga routines for children with special needs.
5. Adapt yoga poses & techniques for a variety of settings, abilities & age levels.
6. Incorporate techniques from each of the five components of yoga to create well-balanced yoga programs for kids with special needs.

Questions?  
Call customer service at  
800-844-8260

Target Audience:  
Speech-Language Pathologists • Physical Therapists  
Physical Therapist Assistants • Occupational Therapists  
Occupational Therapy Assistants

**SPECIAL NEEDS: CEREBRAL PALSY & INCREASED TONE**  
Breathing exercises for awareness & strengthening the diaphragm  
Elongate flexors/adductors for improved range of motion & movement  
Stretch hamstrings for improved posture  
Relaxation for increasing body awareness  
Mediation for assisting with focus & visual motor skill  
LAB: Practice techniques

**DOWNS SYNDROME & LOW TONE**  
Breathing to invigorate the nervous system  
Body awareness activities  
Poses for strengthening core muscles  
Meditation for focus & awareness  
LAB: Practice techniques

**YOGA GAMES**  
Body awareness  
Creativity  
Gratitude  
Trust and cooperation  
Quiet games  
Listening and focus  
Partner poses  
LAB: Practice techniques

**ADAPT YOGA FOR DIFFERENT AGE GROUPS:**  
Infants, Toddlers & preschoolers, School age

**ADAPT YOGA FOR DIFFERENT SETTINGS:**  
Clinic, classroom, home

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

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.

FREE Worksheets

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Yoga to Improve Sensory, Self-Regulation and Motor Skills in Kids

Autism, ADHD, Developmental Disorders, Down Syndrome and Cerebral Palsy

Nanuet, NY  
Wednesday  
October 23, 2019

New Rochelle, NY  
Thursday  
October 24, 2019

Plainview, NY  
Friday  
October 25, 2019

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Yoga to Improve Sensory, Self-Regulation and Motor Skills in Kids

Autism, ADHD, Developmental Disorders, Down Syndrome and Cerebral Palsy

- Techniques to build body awareness and self-awareness to instantly move kids from chaos to calm
- Adapt chair poses without rearranging your classroom
- Partner poses and games to teach cooperation
- Activities to engage and empower children with behavior and emotional disorders
- Postures for stretching tight muscles and strengthening weak muscles for better motor skills

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# Yoga to Improve Sensory, Self-Regulation and Motor Skills in Kids

Are you struggling to gain the interest and cooperation of kids who have difficulty with motor skills, sensory processing, or behavior/emotional problems during your therapy sessions or in your classroom? Would you like to have some fun and effective new techniques to add to your bag of tricks?

Join Kathryne Cammisa, MHE, OTR/L, as she shows you the powerful and positive impact yoga can have on the kids you work with who face challenges with sensory processing, motor incoordination, neurological disorders, ASD, ADHD, emotional/behavioral issues and learning disorders. You will learn to integrate poses and techniques into your classroom or clinic regardless of your level of yoga experience.

You will learn new, interactive yoga practices to enhance:

- **Motor skills**
- **Muscle length and strength**
- **Focus for learning**
- **Body and self-awareness**
- **Nervous system regulation**
- **Cooperation with others**

Through hands-on exercises, case studies and videos -- you will leave fully equipped to implement simple, fun & effective techniques to improve physical, sensory and self-regulation skills in the kids you work with in therapy or the classroom!

***This is an interactive workshop. Please dress comfortably and we encourage you to bring a yoga mat or towel, but it is not mandatory.***

## SPEAKER

**Kathryne Cammisa, MHE, OTR/L**, is an SI/NDT certified occupational therapist, American Council on Exercise certified personal trainer, Pranakriya certified yoga therapist, Radiant Child/Family 200 hour certified yoga teacher and Mindful Schools certified mindfulness teacher. Kathee has over 25 years of experience working with children with special needs in home, school, child care and clinic settings. She works with children and their families through her private practice and at Children's Place, a therapeutic child care center. Kathee has extensive teaching experience throughout the country, with Georgia State's Project SCEIS, and the Medical College of Georgia where she served as assistant professor of occupational therapy. She has been published by the *American Journal of Occupational Therapy* and *Occupational Therapy in Mental Health* and has taken yoga and occupational therapy to children in China, Vietnam, Costa Rica and Ghana.

Speaker Disclosures:

Financial: Kathryne Cammisa maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Kathryne Cammisa has no relevant non-financial relationships to disclosure.

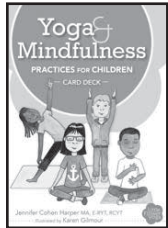


**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are 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.

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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. **Limited seats available; advance online registration required.**



## 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.

## Calm & Alert

*Yoga and Mindfulness Practices to Teach Self-regulation and Social Skills to Children*

By Helene McGlaufflin, MED, LCPC, KYT

Calm and Alert gives classroom teachers, special needs teachers, therapists, yoga teachers and parents an innovative, step-by-step approach to teaching self-regulation and social skills to children by utilizing their body, mind and breath.

Developed by an experienced counselor, educator, and yoga teacher, Helene McGlaufflin, *Calm & Alert* is filled with unique mindfulness exercises, yoga poses and lesson plans to help both typically developing and special needs children.

## 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.

**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 & PHYSICAL THERAPIST ASSISTANTS:** This course has been approved by the New Jersey Board of Physical Therapy Examiners for 6.25 credits. Board Course Number: 1905-52.

**NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 7.6 Contact Hours.

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ASHA  
CONTINUING  
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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).

**SPEECH-LANGUAGE PATHOLOGISTS ONLY:** To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologists and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to [cepesi@pesi.com](mailto:cepesi@pesi.com) to be reported. If you forget to answer yes, please send an email to [cepesi@pesi.com](mailto:cepesi@pesi.com) with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

**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.

PLEASE RETURN ENTIRE REGISTRATION FORM

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Please complete entire form (to notify you of seminar changes):  
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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

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. *Limited seats available; advance online registration required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://www.pesirehab.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.
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\_\_\_ Seminar on CD\* (audio) \$219.99 (RNA063435)

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

\_\_\_ **Calm & Alert** book\* \$26.99 (PUB085445)

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

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