

## 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



Questions? Call customer service at 800-844-8260

**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 Meg Mickelson Graf at [mgraf@pesi.com](mailto:mgraf@pesi.com) or call 715-855-8199.

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

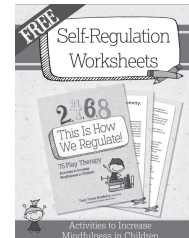
**11:50-1:00** Lunch (*on your own*)

**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.

## — FREE — Worksheets

Free Self-Regulation  
Worksheets for Children



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# YOGA and MINDFULNESS in the CLASSROOM

Tools to Improve Self-Regulation,  
Learning and Classroom Climate



**BUFFALO, NY**  
Wednesday  
November 20, 2019

**ROCHESTER, NY**  
Thursday  
November 21, 2019

**SYRACUSE, NY**  
Friday  
November 22, 2019



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# 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 dysregulation 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

**Colleen Smith, RYT, RCYT**, has extensive experience and training focused on sharing yoga and mindfulness with children, families and schools. Colleen serves as a National Trainer for ChildLight Yoga and Yoga 4 Classrooms, and teaches in preschools, UPK, school districts and studios around Syracuse, NY through her business, BeLive Yoga.

Colleen has an M.S. and C.A.S in School Counseling, and has worked as an Elementary School Counselor, which serves as a critical foundation to effectively understand and support the needs of school communities. She has been inspired to see the transformative impact integrating simple yoga and mindfulness-based strategies can have at school and in the classroom. Yoga and mindfulness provides children and educators the tools to manage stress and anxiety now and throughout their lives.

**Speaker Disclosures:**  
Financial: Colleen Smith is the owner of BeLive Yoga LLC. She is an independent contractor for ChildLight Yoga & Yoga4Classrooms. Ms. Smith receives a speaking honorarium from PESI, Inc.  
Non-financial: Colleen Smith has no relevant non-financial relationship to disclose.



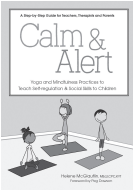
**Target Audience:** Educators • Special Educators • School Administrators • School Social Workers • School Counselors • School Nurses • Paraprofessionals • Occupational Therapists • Physical Therapists • Speech Language Pathologists

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.**

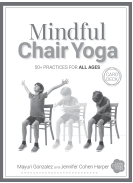
## Objectives

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!**



**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.



**Mindful Chair Yoga Card Deck**  
*50+ Practices for All Ages*  
**By Jennifer Cohen Harper, MA, E-RYT and Mayuri Breen Gonzalez**  
*Mindful Chair Yoga* is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.

### 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" on this brochure 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 profession's 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.

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

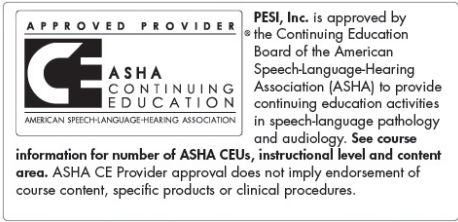
**New York Educators:** PESI, Inc. is an approved sponsor of CTLE with the New York State Education Department's (NYSED) Office of Teaching Initiatives. Provider #23567. This activity will qualify for 6.25 Approved Continuing Teacher and Leader Education (CTLE) Hour(s), in the area of Pedagogy. Hours are based on full attendance. Board required certificates will be sent after the program.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**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 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.



**Speech-Language Pathologists:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**Social Workers:** This intermediate level 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.

**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.



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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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- **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.pesi.com/coord](https://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.

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**Yoga and Mindfulness in the Classroom: Tools to Improve Self-Regulation, Learning and Classroom Climate**

\_\_\_\_ Seminar on DVD\* (video) \$219.99 (RNV062620)

\_\_\_\_ Seminar on CD\* (audio) \$219.99 (RNA062620)

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

\_\_\_\_ *Mindful Chair Yoga Card Deck*\* \$19.99 (PUB085920)

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