

Outline

MIND-BODY CONNECTION

Neuroscience of attention, learning and behavior
Yoga as a trauma-informed intervention
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
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, inclusivity and a trauma-informed presentation
Modify for individual needs and abilities
Empowering your students to integrate learning
Engaging the family
Monitoring the impact of implementation

Live Webcast Schedule

(Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break

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.

Objectives

1. Explore the mind-body connection and how stress and trauma 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, trauma-informed yoga and mindfulness-based 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.

Target Audience: Educators • Special Educators • School Administrators • School Social Workers
School Counselors • School Nurses • Paraprofessionals • Occupational Therapists • Physical Therapists
Speech-Language Pathologists • Marriage and Family Therapists • Psychologists



Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

YOGA and MINDFULNESS in the CLASSROOM

Trauma-Informed Tools to Support Social and Emotional Learning, Student Success and Positive Climate



LIVE Interactive Webcast Wednesday, November 18, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
pesi.com/webcast/83964



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:
pesi.com/webcast/83964

Join us online, for this live training!

YOGA and MINDFULNESS in the CLASSROOM

Trauma-Informed Tools to Support Social and Emotional Learning, Student Success and Positive 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

LIVE Interactive Webcast Wednesday, November 18, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.

YOGA and MINDFULNESS in the CLASSROOM

Trauma-Informed Tools to Support Social and Emotional Learning,
Student Success and Positive 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

Lisa Flynn, E-RYT 500, RCYT, is founder & CEO of Yoga 4 Classrooms and founder and former owner of ChildLight Yoga, national organizations providing professional development trainings, curricula, resources and consulting to individuals, schools and organizations who support the social, emotional, cognitive and physical wellbeing of children, youth and families. She is author of the *Yoga 4 Classrooms Activity Card Deck* (2011); *Yoga for Children: 200+ Yoga Poses, Breathing Exercises and Meditations for Healthier, Happier, More Resilient Children* (2013); and *Yoga for Children—Yoga Cards: 50+ Yoga Poses and Mindfulness Activities for Kids* (2018); contributor to *Best Practices for Yoga in Schools* (2015) and the newly released *Stories of School Yoga: Narratives from the Field* (2019); and sponsors the free resource: *Research Repository: Yoga, Meditation and Mindfulness for Children, Adolescents and in Schools*. Lisa contributed to the first published research study to use both subjective and objective data to examine the acute and longitudinal effects of a school based yoga intervention in young children. Her work has been featured on Fox News and publications such as *Education Week*, *Forbes*, *Greater Good Magazine*, *Washington Post*, *Yoga Journal* and *Parents*. In addition to supporting a diverse group of schools in sustainably implementing yoga and mindfulness school wide, Lisa is a national presenter and advocate for youth mental health and the integration of MY-SEL (mindfulness, yoga, social and emotional learning) in education. Closer to home, she also serves as a school board member of MSAD 35/South Berwick and Eliot, ME.

Speaker Disclosures:

Financial: Lisa Flynn is the Founder & CEO of Yoga 4 Classrooms®. She is an author for Adams Media, a division of Simon & Schuster, 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 and International Association of Yoga Therapists.

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Digital Seminar or DVD: You can purchase a self-study package on the subject and 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

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 Graf** at mgraf@pesi.com or call 715-855-8199.



Online Learning Made Easy!

Join us on November 18, 2020, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It's easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

- Watch and participate in real time
- One CE Certificate is included
- **BONUS!** Receive free on-demand access for 3 months with registration!

It's easy and convenient!

Register now! pesi.com/webcast/83964

Train your whole organization

Purchase one full-price registration → train unlimited additional attendees for only \$49.99 each

CE CREDIT AVAILABLE FOR WEBCAST – UP TO 6.25 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit pesi.com/webcast/83964.

Counselors - AK, AZ, CA, CT, DC, DE, FL, IL, MO, NC, ND, NH, NJ, NV, OR, PA, RI, SC, SD, TN, VA, WI

Marriage and Family Therapists - AL, AZ, CA, CT, DC, FL, HI, IL, IN, MO, NH, NJ, NV, OR, PA, RI, SC, SD, TN, VA, WI

Educators - AZ, IL, IN, MT, NJ, NY, TX

Psychologists - AK, AR, AZ, FL, HI, ID, IL, IN, KY, MD, ME, MI, MO, NE, NH, NM, NV, OH, OK, TX, UT, VA, WA, WI

Social Workers - AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MN, MS, MT, NC, ND, NE, NH, NM, NV, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WY

Speech Language Pathologists - All States

Physical Therapists - AK, AZ, CA, DE, IL, KY, MI, NC, NY, PA, TX, VA

Occupational Therapists - AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, NC, ND, NE, NH, NJ, NV, NY, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV, WY

For specific credit approvals and details, visit pesi.com/webcast/83964.

To inquire about credit in other states or home study credit, please contact cespi@pesi.com or 800-844-8260 before the event.

National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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.

PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.



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.

This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

This program is Approved by the National Association of Social Workers (Approval #886759332-5953) for 6.0 Social Work continuing education contact hours.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

REGISTRATION FORM

YOGA AND MINDFULNESS IN THE CLASSROOM

SAVE TIME! Express Register Online: pesi.com/webcast/83964

1 Please complete entire form if sending by mail *please print legibly*



*Email address _____
*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
*Required for event updates

2 Pick Your Training (make copy for your records)

LIVE Interactive Webcast

November 18, 2020 [PWZ83963]

\$219.99 tuition*

8am Eastern time

Includes:

Real-time Q&A with Speaker

Live CE Certificate

Downloadable Manual

FREE BONUS:

Replay On-demand Access for 90 Days Afterwards

Digital Seminar [POS062620]

\$219.99**

Includes:

Self-study CE Certificate

Lifetime On-demand Access

Downloadable Manual

DVD [RNV062620]

\$219.99***

Includes:

Self-study CE Certificate

Lifetime Access

Downloadable Manual

3 Select Payment Method

All registrations must be prepaid.

Check enclosed payable to **PESI, Inc.**

Purchase order enclosed (Fed ID # 26-3896894)

MC 16 digits VISA 13-16 digits AE 15 digits Discover Novus 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775

Mail: PESI, Inc.

PO Box 1000

Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: pesi.com/webcast/83964

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit pesi.com/privacy for more information.

Total _____
Shipping - \$6.95 (DVD only) _____
Subtotal _____
Tax _____
TOTAL _____

* For webcasts, add applicable tax in HI, NM
**For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.
***For DVD orders, add applicable tax except in AK, DE, MT, NH, OR
CE hours and approvals on products may differ from live CE approvals.
Additional CE participant prices may vary.