

Outline

Yoga & Mindfulness for Kids: Science and Safety

How yoga and mindfulness impact the nervous system
Creating physical and emotional safety

Reducing Overwhelm

Orienting practices for kids to build safety:

- Layers of Sound
- Sensory Check In

Increasing attuned connection without contact:

- Imaginary Ball Pass
- Mirror Hands

Soothing the Nervous System

Grounding practices for kids to manage escalating emotions:

- Hugging Breath
- Seated Sun Salutation

Building personal power to reduce anxiety and increase agency:

- Feeling my Strength
- The Warriors

Managing Intrusive Thoughts

Reducing the intensity of intrusive thoughts and interrupting rumination:

- Naming My Thoughts
- Taking in the Good

Replacing fear-based thoughts with self-compassion:

- Thank you body scan
- Kind Wishes

Objectives

1. Integrate yoga and mindfulness practices that interrupt intrusive thoughts and increase self-compassion.
2. Discover how increased self-awareness and embodiment can support anxiety reduction and change children's relationship to stress.
3. Implement practices that support increased sense of safety and reduce overwhelm.
4. Conduct simple practices that build students' sense of personal power and agency.
5. Determine when and how to introduce yoga and mindfulness practices to children in ways that maximize engagement.
6. Apply key guidelines for sharing yoga and mindfulness practices with physical and emotional safety in mind.

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.

Target Audience: Counselors • Social Workers • School Psychologists • Therapists
Marriage and Family Therapists • Case Managers • Speech Language Pathologists • Occupational Therapists
Nurses • School Guidance Counselors • School Social Workers • School Psychologists • School Administrators
Teachers • Special Education Teachers • School-based Clinicians • Educational Paraprofessional
Other Helping Professionals that work with children



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Join us online, for this live training!

Building Personal Power — and — Navigating Stress

Yoga & Mindfulness Practices for School & Home

Featuring
**Jennifer Cohen Harper,
MA, E-RYT, RCYT,**
International presenter and
author of newly released
children's book, *Thank You MIND*



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Building Personal Power and Navigating Stress

Yoga & Mindfulness Practices for School & Home

**LIVE Interactive Webcast
Wednesday, December 9, 2020**

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

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BUILDING PERSONAL POWER AND NAVIGATING STRESS

Yoga & Mindfulness Practices for School & Home

Children (and educators) across the country have been dealing with a collective trauma as schools shut down and radically changed their lives.

Returning to school has included fears around getting sick, catching up with missed work from the prior year, changes in routine after a prolonged period at home, rapid transitions between in-person and remote schooling, and coping with the ongoing differences in the school experience needed to keep everyone healthy.

Join me, Jennifer Cohen Harper, expert in children's yoga and mindfulness, as I show you how using movement, breath-work and mindfulness practices proactively with your students (whether in the classroom or virtually) will:

- Generate a sense of internal safety,
- Build personal power and foster attuned connection,
- Help our students access their resilience, and
- Thrive as they move forward with their learning.

Don't miss out on practices to reduce overwhelm, soothe the nervous system and manage intrusive thoughts!

Speaker



Jennifer Cohen Harper, MA, E-RYT, RCYT, is an author and educator who works to support all children and teens in the development of strong inner resources through the tools of yoga and mindfulness. Her goal is to help kids, and those who care for them, thrive in the world regardless of circumstances, and navigate the many challenges they face with a sense of personal power and self-awareness.

As the founder and CEO of Little Flower Yoga, Jennifer brings embodied mindfulness programming and education to schools and community organizations nationwide, serving students, families, educators, and mental health providers. She is an active member of the International Association of Yoga

Therapists, and the board president of the non-profit Yoga Service Council, which works to maximize the effectiveness and sustainability of those committed to sharing practices supporting healing, resilience, self-development, community building and positive social change.

Jennifer is the author and co-author of numerous titles and card decks, including *Yoga and Mindfulness Practices for Children Card Deck* (PESI, 2016), *Little Flower Yoga* (New Harbinger, 2013) and children's books, *Thank You Body, Thank You Heart* (PESI, 2019) and *Thank You Mind* (PESI, 2020).

Jennifer's work has been featured in prominent publications including *NY Times*, *The International Journal of Yoga Therapy*, *Publishers Weekly*, and *Yoga Journal* and endorsed by thought leaders including Dan Siegel, Sharon Salzberg, Rick Hanson and Congressman Tim Ryan. Jennifer is an engaging presenter committed to collective growth and learning. She offers 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.

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



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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.

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** 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.

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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.

REGISTRATION FORM

BUILDING PERSONAL POWER AND NAVIGATING STRESS Yoga & Mindfulness Practices for School & Home

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



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QUESTIONS

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