

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
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


For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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 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 or a manuscript to publish?
Please contact Marnie Sullivan at msullivan@pesi.com or call 715-855-8226 for details.



Applications of the Adult Attachment Interview
DR. DAN SIEGEL
1.5 CE HOUR
HURRY OFFER EXPIRES
October 15, 2017
www.pesi.com/siegel-free



Earn CE where you work! Bring this training & many others to your facility!
www.pesi.com/inhouse

57480

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI
P.O. Box 1000
Eau Claire, WI 54702
A division of PESI, Inc.

YOGA and MINDFULNESS in the CLASSROOM

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



PLAINVIEW, NY
Friday, November 3, 2017

FLUSHING, NY
Thursday, November 16, 2017

 **PESI**
www.pesi.com

REGISTER NOW: pesi.com/express/57480

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

PLAINVIEW, NY
Friday, November 3, 2017

FLUSHING, NY
Thursday, November 16, 2017

 **PESI**
www.pesi.com

REGISTER NOW:
pesi.com/express/57480

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

YOGA and MINDFULNESS in the CLASSROOM

Objectives

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

Zsuzsa Kiraly, PhD, RYT-500, is a licensed psychologist with over 20 years of clinical experience working in school and university settings. Dr. Kiraly is teaching and training at the Graduate School of Education, Fordham University, New York, NY. She is also a registered yoga teacher, a certified ChildLight Yoga® instructor and a licensed Yoga 4 Classrooms® trainer with extensive experience working with both adults and children. Dr. Kiraly regularly presents at professional conferences and events promoting the use and benefits of yoga and mindfulness-based practices to develop and support children's physical, cognitive and social-emotional development. In addition, she leads Yoga 4 Classrooms® trainings in New York city public and private schools as well as at Fordham University.

Speaker Disclosures:

Financial: Zsuzsa Kiraly is a clinical associate professor at Fordham University. She receives a speaking honorarium for Y4C professional development workshops. Dr. Kiraly receives a speaking honorarium from PESI, Inc.

Non-financial: Zsuzsa Kiraly is a member of the American Psychological Association, the National Association of School Psychologists, and the New York Association of School Psychologists.

Target Audience:

Educators • Special Educators • Principals • School Administrators
Social Workers • School Counselors • School Nurses • Paraprofessionals • Occupational Therapists
Physical Therapists • Speech Language Pathologists • Other helping professionals that work with children



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.

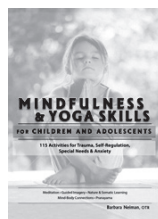
*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



Yoga 4 Classrooms® Activity Card Deck

By Lisa Flynn, E-RYT, RCYT

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.



Mindfulness & Yoga Skills for Children and Adolescents: 115 Activities for Trauma, Self-Regulation, Special Needs & Anxiety

By Barbara Neiman, OTR

New and unique exercises in yoga, meditation, guided imagery and somatic explorations fill this comprehensive skills guide. This book is brimming with 115 practical and easy to use tools and stories supporting critical life skills for families, classrooms and therapy sessions.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), 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 cespi@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.

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

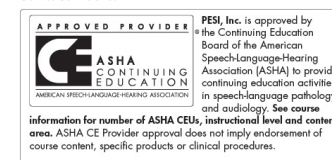
NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 6.25 contact hours.

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: 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 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.

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.

How to Register:

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

ONLINE

pesi.com/express/57480

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI
54702-1000

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

please print; staple duplicate forms.

Mail Code: _____

See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

For your convenience, confirmations are sent via email.

2 Check location: (make copy of locations)

PLAINVIEW, NY

November 3, 2017 57480PNV

Holiday Inn Plainview-Long Island
215 Sunnyside Blvd • 11803
(516) 349-7400

FLUSHING, NY

November 16, 2017 57480FLS

Sheraton LaGuardia East Hotel
13520 39th Ave • 11354
(718) 460-6666

PLEASE RETURN ENTIRE REGISTRATION FORM

REGISTER NOW:
pesi.com/express/57480

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:

\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: 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.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**

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 or call 800-844-8260 for details. **Advance registration required.**

Cannot be combined with other discounts.

FOR OFFICE USE ONLY
Fed ID # 26-3896894 © 2017 PESI, Inc.

MS

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

\$219.99 standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

\$32.00* Yoga 4 Classrooms® Activity Card Deck

\$24.99* Mindfulness & Yoga Skills for Children and Adolescents 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.
Purchase orders welcome (attach copy).

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

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

Card # _____

Card Exp. _____ V-Code #: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

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

___ Seminar on DVD* (video) \$199.99 (RNV062620)

___ Seminar on CD* (audio) \$169.99 (RNA062620)

___ **Yoga 4 Classrooms® Activity Card Deck***

\$32.00 (NBA083535)

___ **Mindfulness & Yoga Skills for Children and Adolescents** book* \$24.99 (PUB083525)

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

Product total \$ _____
*Shipping _____
**Subtotal _____
**Tax _____
TOTAL _____

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