

Children need more than just the three R's...

"This is truly an invaluable handbook that provides detailed and thoughtful information for counselors and teachers who want to incorporate the enormous benefits of yoga into a standard curriculum. It is also a beautiful expression of how, just by shifting the way we are with children, we can affect their lives."

—Frances Douglass, PhD
School Psychologist

"Yoga Calm is an extremely practical, useful, and well-conceived approach for addressing the diverse needs of both students and staff. I can genuinely recommend this book to other school districts."

—Howard Fetz, PhD
School District Superintendent

"This book beautifully illustrates how yoga techniques and philosophy can help children. The thoughtfully conceived exercises are accessible to teachers, counselors, and students alike."

—Julie Gudmestad
Licensed Physical Therapist
Yoga Journal Columnist

"Yoga Calm is an excellent program that complements the services we provide for children. It reinforces the self-control principles we teach in our clinic and empowers the children and their families."

—Dr. Jeff Sosne
Director, The Children's Program

"Yoga is an important and often unused tool in the quest to offer children and teens protection from the negative effects of stress. Yoga Calm for Children offers practical, easy-to-learn yoga exercises to help soothe and heal. You will find this book an important resource in your effort to bring calmness to a stressful world."

—Roger Klein, PsyD
Licensed Psychologist
Coauthor of *Ready, Set, RELAX*

Educating children today requires a new approach—one that effectively meets the physical, mental, and emotional needs of children and the adults who work with them, including schoolteachers, counselors, and occupational therapists.

New research shows what we have intuitively known for years: that reducing students' stress, developing their social/emotional skills, and enhancing their sense of well-being can benefit not only their health but also their academic performance.

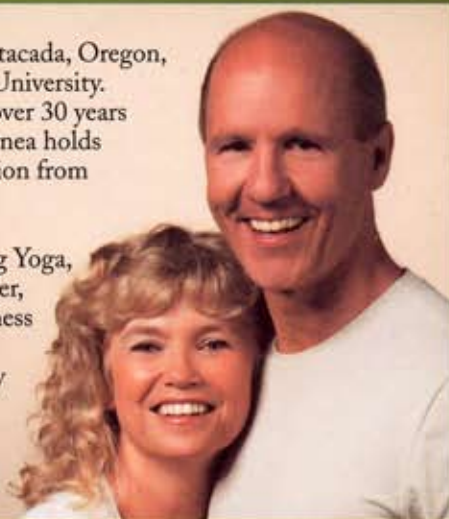
This handbook distills 30 years of school teaching, counseling, and yoga experience into a practical, easy-to-teach method that works with a wide range of students, including those with ADD/ADHD, anxiety, and other behavior disorders.

Lavishly illustrated with more than 100 photos and illustrations, *Yoga Calm for Children* gives you:

- More than 60 classroom-ready activities to help students (K-12) develop self-control, concentration, imagination, and social/emotional skills, as well as physical fitness.
- Yoga-based movement activities, nervous system regulation techniques, social/emotional games, and relaxation and storytelling methods to educate the whole child.
- "Emotional first aid" tips for effectively dealing with children's strong emotions as they arise in the classroom and other settings.
- Time-tested practical advice and endearing stories of the resiliency, depth, and beauty of children.
- The basics of mind/body psychology and how it applies to working with children.
- And more!

Lynea Gillen, MS, is a school counselor in Estacada, Oregon, and an adjunct faculty member at Portland State University. She has been practicing yoga since 1973 and has over 30 years of experience as a schoolteacher and counselor. Lynea holds a master of science degree in counseling in education from Portland State University.

Jim Gillen, RYT, is the director of Still Moving Yoga, in Portland, Oregon. He is a registered yoga teacher, affiliated Anusara yoga instructor, ACE group fitness instructor, and member of the International Association of Yoga Therapists, and has previously taught and developed programs for youth for the National Science Foundation and the National Sports Center for the Disabled. His instructional CD, *Yoga Renewal*, was released in 2002.



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