

KATHY FLAMINIO

Certified Yoga Calm Trainer

1000-petals.com

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1000 petals

## YOGA CALM® TRAINING

Teaching educators, social workers and related services providers how to integrate Yoga Calm into their practice.



### WELLNESS I

Intro to the Tools and Principles of Yoga Calm\*

Instructor:

Kathy Flaminio

Yoga Calm Trainer, E-RYT-200

**August 15th, 2017**

8:30am-4:30pm

Midtown Square Tuscan Ballroom

3333 W Division St. Suite 116B

Saint Cloud, MN

**\$205**

### Wellness I: Introduction to Yoga Calm

This is first in a series of three wellness workshops, introducing the basic principles of Yoga Calm and classroom tools including breathing exercises, simple yoga poses, social/emotional skill development activities, relaxation and storytelling processes and emotional guidance techniques. Through lecture, hands-on learning, reflection and discussion, you'll learn how Yoga Calm's unique integration of physical, mental and emotional skills-building supports both learning and well-being.

This training provides the basic knowledge and ability to immediately begin teaching basic yoga activities, stress reduction and focusing techniques, and social emotional skill development activities. You will also learn 20+ activities and class plans to instill healthy, lifelong habits in children and yourself. No yoga experience necessary.

For school teachers, social workers, counselors, treatment center staff, yoga teachers, OT's, parents, and other adults that work with children.

*\*Coursework also applies toward Yoga Calm Youth Instructor Certification and qualifies for credit through St. Mary's University.*

FOR DETAILS AND [REGISTRATION](#)

*"Of all the workshops I have taken in my 32 years of teaching,  
this has by far been the best."*

—Minneapolis Public School Teacher



Central MN Mental Health Center  
A time to heal, a place to start.

Yoga Calm is an award-winning, research-supported, K-12 wellness and learning preparedness curriculum that reduces stress, improves self-control and focus, and develops social/emotional skills. It was developed by a social counselor and yoga teacher from over 30 years of classroom and counseling experience with a wide range of students, including those with severe behavior disorders. Yoga Calm is appropriate for all ages and abilities.