

# THE SEAN O'SHEA FOUNDATION

## EMPOWERING EDUCATORS AND YOUTH WITH OUR "CALM KIDS" PROGRAM

### CALM KIDS

*A CALM session begins with a chime and a minute or two of breathing and tuning in to what's happening with body, breath and mind. Ten minutes of chair yoga poses - done seated or sometimes standing, using the chair as a prop - allow students to stretch and release tension. The session ends with a brief centering practice that gives students an opportunity to become aware of the changes in body, breath and quality and tone of thoughts that result from just a few minutes of practice.*

#### WHAT IS MINDFULNESS?

*"Paying attention here and now with kindness and curiosity so I can choose my behavior"*

-Definition developed by Amy Saltzman, MD, Director of the Association for Mindfulness in Education

**CONTACT US TODAY FOR YOUR CALM KIDS TRAINING FOR SCHOOL TEACHERS AND PROFESSIONALS WORKING WITH CHILDREN~**

*"This workshop opened my eyes to fixing and helping the root of students' behavior problems instead of just temporarily silencing them." ~TUBMAN*



#### To Register:

Simply contact us to book a 1.5-hour CALM Kids Introduction, our 2-hour hands-on training or our one-hour follow-up training!

Contact: Gloria O'Shea at

[Namaste@seanosheafoundation.org](mailto:Namaste@seanosheafoundation.org)

Or (760) 966-0987

#### WHAT IS CALM Kids?

- A short-format program - 10-15 minutes
- Designed to be used in the classroom
- Suitable for K-12
- A Self-Sustainable program with teacher training
- Teachers can use our CALM Kids program when it fits into their lesson plans
- CALM Kids is good for the students and for teachers
- Our CALM Kids program teaches, breath exercises, chair-based activity and meditation

#### RESEARCH FOR SCHOOLS

Our recent research is showing a restoration of confidence, emotional stability, low anxiety levels, and a more peaceful attitude as a result of the Sean O'Shea Foundation program.

#### ABOUT THE SEAN O'SHEA FOUNDATION

A 501(c) 3 Nonprofit created after the fatal car accident of yoga teacher, Sean O'Shea. Founded in 2007, the Sean O'Shea Foundation is recognized as an award winning non-profit. The Sean O'Shea Foundation has been selected for the 2014 Best of Oceanside Award in the Community & Social Services category by the Oceanside Award Program and selected for the 3rd year in a row as a "Top-Rated non profit.

[WWW.SEANOSHEAFUNDATION.ORG](http://WWW.SEANOSHEAFUNDATION.ORG)

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