

SUCCESSFULLY ADD YOGA TO YOUR PEDIATRIC PRACTICE

Please select a date and location: HARRISBURG - October 29 WILKES-BARRE - October 30 PHILADELPHIA - October 31
 ALEXANDRIA - November 19 FREDERICK - November 20 BALTIMORE - November 21

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Total Registration Fee:

	Early*	Regular
Single Registrant	\$189	\$209
2 to 4**	\$179 ea.	\$199 ea.
5 or more**	\$169 ea.	\$189 ea.

*Registrations received 10 days prior to seminar date.
 **Price per person when registering at the same time.

I am registering and would like to order an audio set for \$59 plus S&H \$8US/\$30CA: audiotapes CDs

Successfully Add Yoga to Your Pediatric Practice #3429

Audio/manual package: \$189 plus S&H \$8US/\$30CA
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Successfully Add Yoga to Your Pediatric Practice

- ★ Identify the benefits of practicing yoga and which clients could utilize group or individual sessions for greater functional outcomes
- ★ Learn specific yoga poses, breathing exercises, calming/relaxation and laughter exercises along with games and activities that are fun and motivating to children
- ★ Discover how to modify poses for children with neurological and other significant physical challenges
- ★ Learn teaching strategies for children with Autism Spectrum Disorders, Down Syndrome, ADD/ADHD and other developmental delays

Continuing education available for Physical Therapists, Activity Professionals, Certified Strength and Conditioning Specialists, Psychologists, Counselors and Occupational Therapists. Please see inside for details.



Harrisburg, PA - October 29
 Wilkes-Barre, PA - October 30
 Philadelphia, PA - October 31
 Alexandria, VA - November 19
 Frederick, MD - November 20
 Baltimore, MD - November 21

Successfully Add Yoga to Your Pediatric Practice

Yoga for a Holistic Way of Reaching our Goals

In a world where each patient is unique, an eclectic practice allows us to meet the needs of our many patients by drawing from many resources. The use of yoga allows us to touch our patients in both physical and spiritual ways for healing of body and spirit. It is a way that our patients can be mainstreamed into community programs as yoga is a non-competitive practice and can be found in most gyms and studios within the community. It is also very "hip" right now, which is motivating for both parents and children as they partake in this "sport." Yoga can be used in individual sessions or group sessions with preschoolers up through high school students.

This one-day seminar will teach participants various yoga poses, activities and breathing techniques specifically geared for special needs children. Identify the best uses, modifications and teaching methods for various diagnoses and treatment goals. Return to your facility with useful treatment ideas and strategies you can use right away, whether you work in a clinic, home or school setting.

Course Director

JEANETTE RUNNINGS, OTR/L, has been an Occupational Therapist for 24 years. She graduated from Texas Woman's University in 1985 and received her Pediatric NDT certification in 1992 in Seattle, WA. She is also a Certified Infant Massage Teacher. Ms. Runnings has worked as an Occupational Therapist in Texas, Washington, Utah, Idaho, New York, and is currently working and licensed in Arizona. She received her children's yoga training through Karma Kids Yoga, Radiant Child Yoga and Next Generation Yoga. It was during her yoga training that she was inspired to develop the Yoga-Yingo game series to help families and kids learn yoga. Presently there are three games in the series: Classic Yoga, Nature Poses and Farm theme. Ms. Runnings has private contracts and sees children in an outpatient clinic and homes. She currently teaches yoga to special needs and typically developing children through her business called Yoga-Yingo at a private school and at a local yoga studio. Her experience and travel has brought her to various settings including outpatient clinics, hospitals, home health, schools (public, charter, private pre-school and elementary) and to yoga/dance studios. While a member of Idaho Occupational Therapy Association, she served as Pediatric Special Interest Coordinator 2005-2008 and on various conference committees. Ms. Runnings is a member of AOTA and enjoys sharing her experience and knowledge with others through consultations, observations and articles. She has written articles for *OT Advance*, *Hedra News* (a holistic newspaper in ID) and for *Aura Wellness Center* (online newsletter).

"Jeanette Runnings is a very enthusiastic pediatric occupational therapist with over 20 years of experience under her belt. She is a great therapist, teacher and mentor to therapists, children and their families. She is great at working 'outside of the box' while developing fun and innovative ways to motivate her patients. This, combined with her calm and soothing demeanor, is what makes her such an excellent teacher!"

Sima Tavazoie, MPT, CIMT
Boise, ID



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EDUCATION

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Who Should Attend

- Occupational Therapists
- Occupational Therapy Assistants
- Physical Therapists
- Physical Therapist Assistants
- Exercise Physiologists
- Strength and Conditioning Specialists
- Activity Professionals
- Recreational Therapists
- Nurses
- Speech-Language Pathologists
- Special Education Teachers
- Counselors
- School Psychologists
- Yoga Instructors

COURSE CONTENT

INTRODUCTION TO YOGA

- ◆ How to use yoga in your practice
- ◆ Benefits of yoga
- ◆ Precautions
- ◆ Documentation/billing

EYE EXERCISES

- ◆ Benefits
- ◆ Precautions

BREATHING EXERCISES

- ◆ Benefits

YOGA FOR THE NEUROLOGICALLY IMPAIRED, NON-AMBULATORY CHILD

- ◆ Conditions
 - Cerebral Palsy
 - traumatic brain injury
- ◆ Key points/sample session
 - prone developmental progression
 - massage strokes in supine to improve digestion
 - supine developmental progression into sitting
 - standing adaptations

YOGA FOR AMBULATORY CHILD

- ◆ Conditions
 - Autism
 - Down Syndrome
 - ADD
 - ADHD
 - sensory processing dysfunction
 - developmental delays
- ◆ Key points/sample session
 - standing poses
 - balance-challenging poses
 - self-regulation, relaxation and use of affirmations
 - sun salutations for children

LAUGHTER YOGA

RESOURCES

What You Will Learn

- Identify the benefits of practicing yoga, which clients could benefit and how to implement a yoga program for individuals and/or groups with a variety of developmental challenges
- Learn specific yoga poses, breathing exercises, calming/relaxation and laughter exercises along with games and activities that are fun and motivating to children
- Share resources for building your own program including books, music, etc.
- Discover how to modify poses so children with neurological and other significant physical challenges can be successful and empowered by a yoga practice
- Outline teaching strategies for children with Autism Spectrum Disorders, Down Syndrome, ADD/ADHD and other developmental challenges

What You Should Bring

No prior yoga knowledge is needed, but helpful. This can be a physically challenging course and participants should be able to maneuver safely on a mat, tolerate sitting on the ground for brief periods and perform beginner yoga poses. Please alert instructor of any special adaptations or precautions needed prior to sign up. A yoga mat is REQUIRED. Wear comfortable clothing. A towel and yoga props are recommended, but not required. You will need to have clean bare feet, as much of the class will be spent working on a mat.

Audio Products

Audio products include a comprehensive CD recording (audiotape available on request) and companion course manual. If you are registered to attend this seminar, you may order a set of tapes/CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Supply may be limited; call for availability. Please allow 4 to 6 weeks for delivery.

Confirmations & Cancellations

Confirmations of registration are sent via email or fax within three days of receipt in our office. If an email or fax confirmation cannot be sent, a post card is mailed. **If you have not received a confirmation within five days of the program, please call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the seminar are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future seminar or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

Disclaimer: Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law.

Dates & Locations

HARRISBURG - October 29, 2009

Four Points Sheraton Harrisburg
800 East Park Dr., Harrisburg, PA 17111 717-561-2800

WILKES-BARRE - October 30, 2009

Ramada Inn
20 Public Sq., Wilkes-Barre, PA 18701 570-824-7100

PHILADELPHIA - October 31, 2009

Hilton Philadelphia International Airport
4509 Island Dr., Philadelphia, PA 19153 215-365-4150

ALEXANDRIA - November 19, 2009

Hampton Inn Alexandria—Old Town South
5821 Richmond Hwy., Alexandria, VA 22303 703-329-1400

FREDERICK - November 20, 2009

Hampton Inn
5311 Buckeystown Pk., Frederick, MD 21704 301-698-2500

BALTIMORE - November 21, 2009

Doubletree Inn Colonnade
4 W. University Pkwy., Baltimore, MD 21218 410-235-5400

Course Hours

Registration begins at 7:30 a.m. The seminar **begins at 8:00 a.m.** and **concludes at 3:30 p.m.** Lunch is on your own from 11:30 a.m. to 12:30 p.m. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

Our Guarantee

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Continuing Education Credit

Physical Therapists: Cross Country Education is seeking Direct Access approval from the Pennsylvania State Board of Physical Therapy. This program has been submitted for 6 continuing education credits to the New Jersey State Board of Physical Therapy Examiners for Physical Therapists and Physical Therapy Assistants. This program has been submitted for 6 continuing education credits to the District of Columbia Board of Physical Therapy for Physical Therapists. This program has been submitted to the Maryland Board of Physical Therapy Examiners for pre-approval of 6 continuing education hours.

Activity Professionals: This course has been submitted for approval of 6 hours of continuing education to NCCAP.

Certified Strength and Conditioning Specialists: This program is pending CEU approval by the NSCA Certification for pre-approval of 0.6 CEUs.

Nurses: Cross Country Education, LLC. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This course is offered for 6 contact hours.

Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 7.2 contact hours.

Psychologists: Cross Country Education is approved by the American Psychological Association to sponsor continuing education for psychologists. Cross Country Education maintains responsibility for this program and its content. This program offers 6 CE credits for psychologists. Full attendance is required to receive credit for psychologist, variable credit for partial attendance may not be awarded based on the APA guidelines.

Counselors: Cross Country Education is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. (NBCC Provider #5904) The ACEP solely is responsible for all aspects of the program. Six (6) contact (clock) hours are being awarded for completion of this program.



Occupational Therapists, Occupational Therapy Assistants: Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 2: Occupational Therapy Process.



Educators: This course may qualify toward your professional development requirement. The program consists of 6 clock hours. Use this information and your board rules and regulations to calculate professional development/continuing education credit.

Other professions: This seminar qualifies for 6 continuing education hours 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 filing requirements.

All professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date so that arrangements can be made.

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