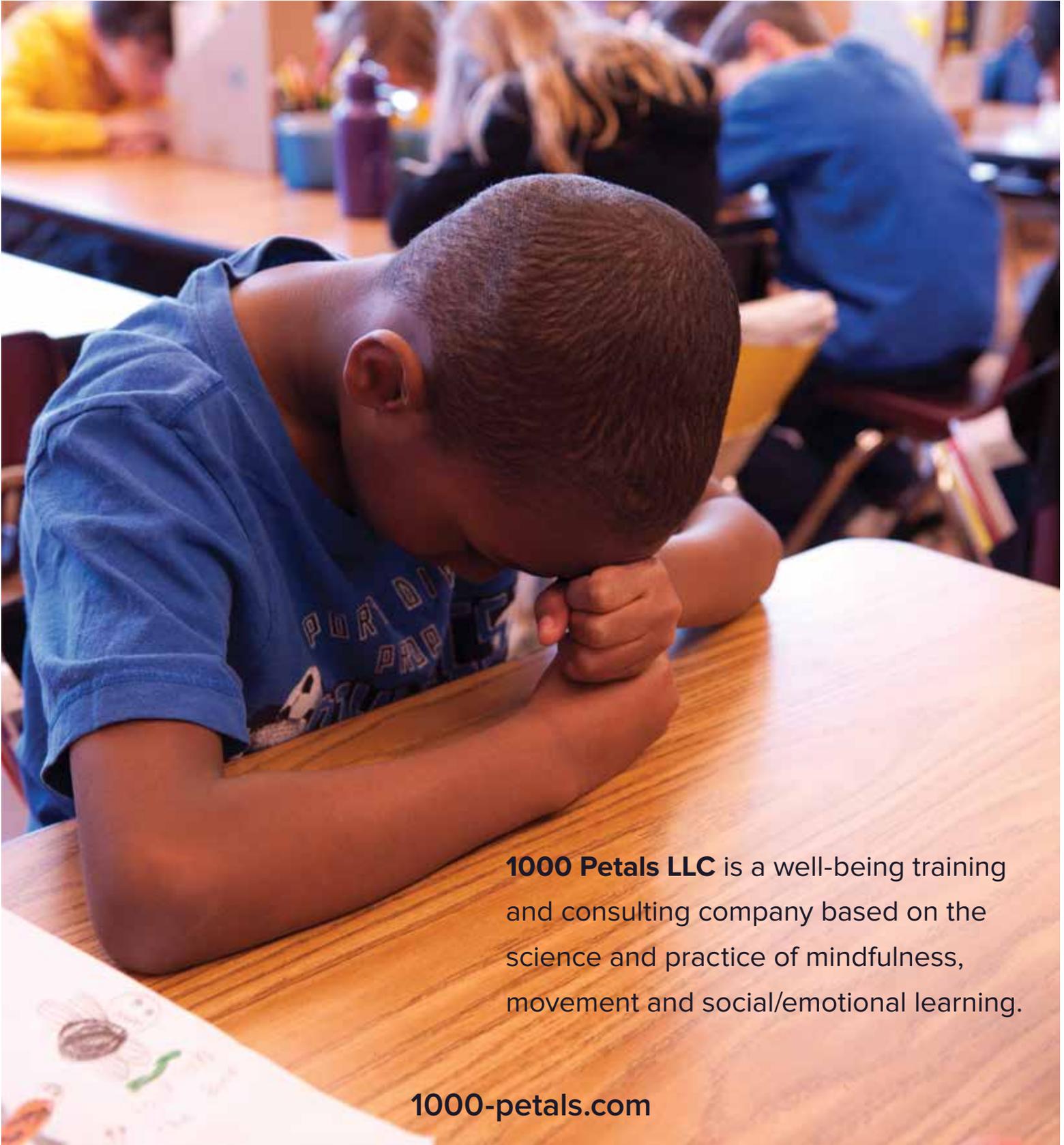




1000 petals



1000 Petals LLC is a well-being training and consulting company based on the science and practice of mindfulness, movement and social/emotional learning.

1000-petals.com



With increased mental health issues, poor sleep, unhealthy diet and exercise habits, children and adults alike are overwhelmed.

To counter the health impact of our high stressed world, Move Mindfully products, programs and workshops were created for use in schools, hospitals, therapeutic and home settings.



MOVE MINDFULLY BENEFITS

Uses integrative mindful movement throughout the day for stress reduction and social/emotional skill building.

Supports academic learning through improved focus and concentration.

Strengthens the integrity of the central nervous system by improving self-regulation and relaxation skills.

Increases self-confidence and community connection through social/emotional competency activities.

Builds staff resiliency and retention by providing tools and strategies for self-care.

**MOVE MINDFULLY
PRODUCTS**



1000-petals.com/move-mindfully/



WORKSHOPS

Learn to integrate Mindfulness, Movement and Social/Emotional Learning into your work to support and enhance standards and participant outcomes. Hands-on tools augment existing school curricula and classroom intervention programs such as Zones of Regulation, Responsive Classroom, PBIS, RTI and Title 1 initiatives.

Introduction to Mindfulness, Movement and Social/Emotional Learning

Our primary workshop enables participants to deepen their understanding of the impact of trauma and stress on both youth and adults. During this workshop participants develop practical research-based interventions to assist youth with self-regulation, focus, de-escalation, community connection and overall well-being. Through

hands-on experience, reflection and discussion participants will learn breathing exercises, simple regulating movement, relaxation techniques and social/emotional competency activities to incorporate into school/therapeutic settings.

Other Workshop Subjects

- Trauma Responsive Mind-Body Practices
- Sequencing for Self-Regulation
- School-Wide Implementation
- Move Mindfully for Therapeutic settings

For a consultation session or complete list of custom workshops, visit our site at 1000-petals.com.

RESIDENCY PROGRAM

Move Mindfully Residencies were created after hearing from teachers and therapists that live demonstrations in the classrooms helped create sustainable practices. Residencies have been implemented in over 2,500 classrooms.

Move Mindfully Residencies are a proactive behavioral intervention to help meet the physical, emotional and mental health needs of students. The program consists of core

practices and strategies to promote self-regulation, focus, attention and connection to others. The use of breathing techniques, yoga-based movement, social/emotional learning activities and guided relaxation supports students as they learn to manage emotions, transitions and reduce anxiety. This holistic approach supports learning and student achievement. Educators also benefit through the use of these integrative tools both personally and professionally.



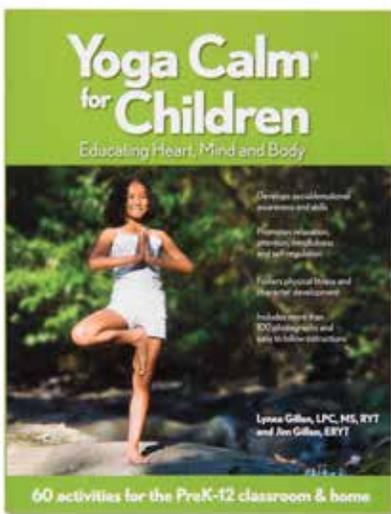
movemindfully

1000-petals.com/store/

Yoga Calm®

1000 Petals offers Yoga Calm training certification. Founded by Jim and Lynea Gillen, Yoga Calm is an integrated approach to wellness curriculum.

Through the use of hands-on learning, reflection and implementation strategies, these trainings teach adults practical research-based interventions that improve self-regulation, attention, and connection to others.



THE FIVE TOOLS OF YOGA CALM

Breath Work. Relaxes, rejuvenates and reduces stress creating a relaxed alert state for learning

Yoga-Based Movement. Releases tension, develops strength and flexibility and increases neural connectivity

Guided Relaxation. Calms the nervous system, improves sleep and provides emotional integration

Emotional Guidance. Develops skills for educators/therapists to help children navigate, respond and integrate emotional experiences

Social/Emotional Activities. Develops skills in identifying and processing feelings, enhances academic achievement and encourages teamwork and communication

“Yoga Calm has allowed me to be more effective in providing support to students in the area of social, emotional and behavioral development. Students have demonstrated increased respect, ability to follow directions, interact with each other and overall academic performance.”

AREA LEARNING CENTER TEACHER FOR LEVEL IV EBD



TRAINING

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

AN INTEGRATED APPROACH TO WELLNESS

Wellness 1: Introduction to Yoga Calm

This course utilizes lecture, experiential learning, reflection and strategies for implementing breathing techniques, mindfulness practices, yoga-based movement and social emotional skill development activities for youth. Participants will create integrated lesson plans. No yoga experience necessary.

Wellness 2: Physical Connections to Learning

This workshop introduces 20 physical activities for strength, flexibility, and overall well-being. Class includes detailed instruction on alignment, breathing and sensory integration for students of varying abilities. Participants will create integrated lesson plans within small groups based on population and discipline.

Wellness 3: Social/Emotional Connections to Learning

This workshop provides in-depth instruction on the use of Yoga Calm's social/emotional activities, emotional guidance and mind/ body therapeutic techniques through 20 activities from the Yoga Calm curriculum. Case histories from a variety of settings and populations will be used to highlight and develop successful strategies and techniques.

Practicum

The Practicum course is designed to give students a supervised practical application of Yoga Calm activities and methods. You will get real-world experience applying Yoga Calm, combined with personal coaching.

The course's portfolio and coursework also counts toward Yoga Calm Youth and Adult (RYT-200) Instructor Programs.

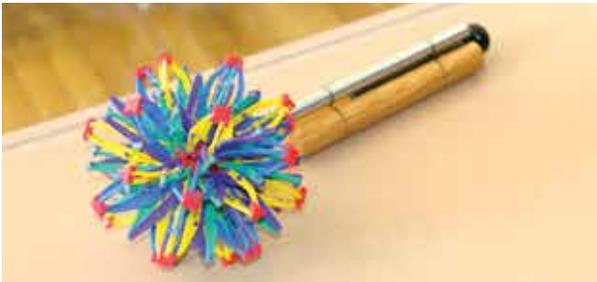
Capstone Course: Yoga Calm Certified Youth Instructor

To become a Yoga Calm Certified Youth Instructor, you must complete Wellness I, II and III, the Yoga Calm Practicum and the Certified Youth Instructor Capstone Course. During the Certification Workshop, participants lead one 30-minute Integrative Lesson Plan based on one of the Five Yoga Calm Principles (Stillness, Listening, Grounding, Strength, Community).

Level Graduate Course

Yoga Calm Training participants receive a certificate of course completion and can earn professional development credit through Alverno College, Colorado State University, Lewis & Clark College, Saint Mary's University, University of the Pacific, and Washington School Counselor Association.





“As I navigate the stressors working in the public school setting, I am also striving to support my students with their complex lives, stressors and challenges. 1000 Petals has provided me with not only training in the practice of Move Mindfully®, but has extended that learning into my own personal growth and development. I have never experienced a more supportive learning environment.”

OCCUPATIONAL THERAPIST DISTRICT 197

“Our district works with many students who struggle with self-regulation so teaching them strategies to manage their bodies as well as their strong emotions has been valuable. Yoga Calm has given educators a concrete way to incorporate practice of self-regulation and calming strategies into their day.”

**SOCIAL/EMOTIONAL LEARNING
COORDINATOR, INTERMEDIATE DISTRICT 287**

RESEARCH SUPPORT

Over the past ten years, exciting gains have been made in neuroscience and mind-body interventions impacting self-regulation, anxiety, depression, and attention processing issues. Since their initial development, Yoga Calm and Move Mindfully continue to evolve and reflect the latest research.

As evidence of this, we are currently collaborating with physicians and researchers at the University of Minnesota Masonic Children’s Hospital. The focus of this clinical research is to validate therapeutic outcomes of Yoga Calm Tools in patient populations. This newly gained insight continues to inform and enrich our trainings.

Improved gross motor development in preschool children

(Bubela et al 2014)

Increased self-regulation and self esteem

(White, 2012)

Reduced Anxiety

(Bart, Bar-Haim, Weizman et al., 2008)

Complementary treatment for ADHD

(Hafner, Roos, Goldstein, Parzer, Resch, 2006)

Improvement in Static Motor Performance

(Telles, S., Hanumanthaiah, B., Nagarathna, R. and Nagendra, H. R., 1993)

Increased attention span

(Zipkin, 1985)

Increased body and self-image satisfaction

(Clance, Mitchell, Engleman, 1980)

Yoga in the Schools: A Systematic of the Literature

(Serwacki, M.L., & Cooke-Cottone, C. 2012)



SCHOOL DISTRICTS & ORGANIZATIONS PARTICIPATING IN MOVE MINDFULLY® & YOGA CALM®

Minnesota School Districts

Anoka	Farmington	Red Lake	School Social Workers, Counselors, Psychologists
Bloomington	Hopkins	Richfield	
Burnsville	Lakeville	Roseville	
Centennial Lakes	Mahtomedi	South Washington County	
Columbia Heights	Mendota Heights	St. Anthony/New Brighton	
Cottage Grove	Minneapolis	St. Louis Park	
Rosemount/Apple Valley/ Eagan	Montgomery	St. Paul	
Edina	New Prague	Stillwater	
Eden Prairie	North Saint Paul	Woodbury	
	Osseo		

States

Arizona	Kentucky
California	Michigan
Colorado	New York
Florida	North Dakota
Georgia	Oregon
Illinois	Washington
Iowa	Wisconsin

Therapeutic Settings

CHUCC Clinic	Prairie Care
Dakota County Juvenile Services Center	United Hospital
Fairview Recovery Services: Day Outpatient Program	University of Minnesota Masonic Children's Hospital
Gerard Academy	West Community Health Services
Mayo Clinic Psychiatric Unit	





SPEAKING ENGAGEMENTS & CONFERENCE PRESENTATIONS

The 1000 Petals Team is available to present on the Science and Practices of Mindfulness, Movement and Social/Emotional Learning informed by the latest innovations in neuroscience and mind-body interventions. Founder and President Kathy Flaminio is a frequent presenter both locally and nationally in the areas of education and mental health. Kathy presented as the keynote speaker for Minnesota School Social Workers Association, Minnesota Occupational Therapy Associations and North Dakota Children and Family Services. She is a national speaker for Professional Education Seminars, Inc. She is also a frequent presenter for Minnesota Child and Adolescent Mental Health Conferences. Speaking Engagements include:

- American School Counseling Association (ASCA)
- Family & Early Childhood Education Conference
- Minnesota Adolescent and Child Mental Health Conference (MACMH)
- Minnesota Education Association Conference (MEA)
- Minnesota Occupational Therapy Association (MOTA)
- Minnesota School Social Workers Association
- National Alliance on Mental Illness (NAMI)
- National Association of School Social Workers (NASW)
- Professional and Practice Conference, U of M
- The Lab – Alternative Learning Program
- University of Minnesota Counseling Program
- Minnesota Council of Child Care Agencies
- North Dakota Children and Family Services

MEET THE FOUNDER

Kathy Flaminio is the founder of 1000 Petals LLC, a company based on the science and practice of mindfulness, movement and social/emotional learning.

Kathy has trained over 30,000 educators and related service providers on how to integrate yoga based movement, breathing techniques and social/emotional skills into classroom and therapeutic settings, benefiting an estimated 81,000 children per day.

Kathy is adjunct faculty for Saint Mary's University and holds a Masters degree in Social Work with more than 30 years of experience in both regular and special education settings and non-profits. She is a frequent presenter both locally and nationally and is ACE (American Council on Exercise) and Yoga Alliance (E-RYT 200) Certified and a National Trainer for Yoga Calm.



Kathy Flaminio, MSW, E-RYT 200
Founder of 1000 Petals

“Never in my 26 years as a Social Worker have I seen such profound and lasting physical, emotional and cognitive changes in both the individual and the system itself. This work translates across all settings, creating a foundation that empowers individuals to establish and maintain a lifetime of health and well-being.”

KATHY FLAMINIO