



Sheila Palmquist



Sheila Palmquist is owner and director of the Lincoln Yoga Center. She has 12 years of experience instructing yoga for children and adults as well as training instructors. Sheila has recently brought yoga practice to students, educators, and parents to enhance learning, relationships, and whole health. Through her efforts, the Calming Kids Program has been shared with both elementary and middle school teachers. Also, more than 800 children and youth participated in Yoga through a partnership between the Lincoln Yoga Center and Lincoln Parks and Recreation this summer. Finally, Sheila has provided in-service training to educators in schools and helped integrate Yoga into curriculum. Her research based Take Five Program is currently part of a study being conducted through the University of Nebraska.

ENERGIZER: **TAKE 5**

Participants will learn about a program designed to help students, teachers, and parents learn to self-regulate emotions and behavior. The mission of TAKE 5 is to manage childhood obesity, stress, self-abuse, bullying, and violent behavior of all kinds. This comprehensive program enables us all to better understand and take control of violence and aggression. The use of breathing practices, concentration techniques, drawing/journaling, and exercise-movement bring greater awareness to body, mind, and internal conflict.

Article from Lincoln Journal Star: [TAKE 5 promises calm kids in just five minutes](#)