



# **MINDFUL MOVEMENT**

## **Presented by**

### **Coach Sims**



In This Class.....

We will use physical postures, breathing techniques, and some meditation to promote physical and emotional well-being.

Things Students will learn .....

- We will talk about our bodies and how posture helps our bodies become strong and flexible.
- We will learn how to breathe better by doing it deeply and fully.
- We will talk about how to use our energy more efficiently and feel more relaxed, focused, and motivated.
- We will learn ways to quiet the mind.
- We will talk about balance and how we can be more aware of the need for balance in our life.
- We will talk about how this practice helps us take care of ourselves.
- We will talk about how to listen to our bodies by modifying or changing poses that are too hard or cause pain.

Mondays only – March 23, 30, April 13, 20, 27, May 4, 11

(7- Session - \$85.00)

(no additional hourly ECE charge from 2:30-4:00 pm)

2:45-3:15 p.m. – 2<sup>nd</sup> – 4<sup>th</sup> Grades

(minimum of 6 students to hold class, maximum of 10 students)

## **REGISTRATION – Mindful Movement!**

Student Name: \_\_\_\_\_ Teacher/Grade: \_\_\_\_\_

Parent Name & email: \_\_\_\_\_

Payment is **Required** at the time of registration.

Check/Cash  Check #

Use the following information to charge my card:

Card # \_\_\_\_\_ Exp: \_\_\_\_\_ CVC: \_\_\_\_\_ Zip: \_\_\_\_\_

Please contact Shirley Tanguy at [stangu@hra.org](mailto:stangu@hra.org) or 757-884-9117 for more information