

Mindful Movement

Presented by: Lisa Wittman, E-RYT 500, RCYT, YogaEd Certified

April 13 and April 27, 2015

Times:
8:30 AM—3:30 PM
Registration at
8:00 AM

Location:
ESC of Cuyahoga
County
Essex Place
6393 Oak Tree Blvd.
Independence, OH
44131

Lunch will be on your
own.

When teachers regularly relax, balance and support their own mind-body state, they become less stressed and more effective. They present themselves to their students as confident, receptive and patient, setting the tone and conditions for productive learning as well as positive student behavior and attitudes. Mindful movement in the classroom empowers teachers to shift the state of their classroom. By implementing simple yoga poses, breathing techniques, noncompetitive games, and guided visualizations, teachers will experience immediate results in 1-5 minutes. These positive results include calm energy, brain activation, controlled attention, connection to productivity, and even fitness. All movements learned are designed for the classroom.



Cost: \$100.00 (includes Teacher Manual)



Registration

To register, please go to www.esc-cc.org, click on Professional Development, click on Calendar of Events, and then click on the date. Follow the prompts to register.

Questions? Please contact Tracy Murphy at tracy.murphy@esc-cc.org or 216-901-4229.