

Move Mindfully™ was created to empower educators, therapists, and parents to integrate yoga-based movement, mindfulness and social/emotional learning into the classroom, home, hospital, and therapeutic settings. Simple routines were designed to teach children and teens how to re-engage, focus, calm, transition, and release intense emotions.

These routines can be used for all settings. For simplicity, we have used the word student throughout this guide rather than children or teens.

Not all movement is created equal and when you have little time in your schedule, you want a routine that is going to have immediate impact. These routines are sequenced to enhance nervous system regulation, concentration, community connection, and overall wellbeing.

In **education**, we create **active classrooms** by incorporating yoga-based movement and breathing exercises. This type of movement allows the body to move into a relaxed/alert state without revving up the body system to “want more.” The over-active and under-active student can do the same yoga movement and get exactly what his/her systems needs: more energy or less energy. Not only do these routines impact the students; they impact the educator, parent, and therapist. Research shows that the most powerful factor in creating change for students is our ability as adults to maintain a calm and centered presence.

In **therapy**, we integrate the bodywork as part of the healing process. These routines can be used at the beginning of the session to open up the body and then at the end to close a session.

At home, these routines can be used to get ready for homework, to focus for the school day, to assist with intense emotions, and to calm before bedtime.

Meet the Creator:

Kathy Flaminio is the founder of Move Mindfully, a holistic health and wellbeing training and consulting company based on the science and practice of mindfulness and movement. She is passionate about creating products and services that guide individuals to higher levels of wellbeing and improving their physical, mental, and emotional health.

Having worked twenty years in public schools, in both regular and special education, Kathy realized the importance of using the body in education. She supported teachers by designing simple routines to integrate throughout the day that helped students re-engage in their learning.

Kathy holds a master’s degree in social work and has been in the fitness/wellness industry for

over thirty years providing individual and group training. As the National Director of Training Development for the Yoga Calm® program, Kathy has guided over 6,000 professionals in yoga-based movement, mindfulness, and social/emotional skills strategies for use in classrooms, hospitals, home care, and therapeutic settings. Currently, Kathy is working with three of the largest school districts in Minnesota to implement Yoga Calm® district-wide.

To learn more about Kathy, visit www.move-mindfully.com.

How to Use this Guide:

Each routine includes a brief explanation of the sequence, the benefits of the poses, the positive self-talk to use, and suggestions on what to say as the instructor. The great thing about movement is that you can demonstrate it without a lot of words. We have included longer explanations but as we know, “less is more.” The less we talk, the easier it is for most students to follow.

Each pose has a positive affirmation, something a child can whisper to him/herself if it feels right. Positive self-talk is powerful if an individual feels connected to the words. Let children know that these are just suggestions and if the words resonate with them they can use them throughout the sequence. You can also encourage students to come up with their own positive self-talk.

Important Note: All physical activity involves risk. When implementing Move Mindfully routines with students, it is important that adults become familiar with the routines, assess fitness levels and abilities of the students, monitor their activity and use common sense. Neither Move Mindfully nor Visualz assume any risk, responsibility or liability for the appropriateness or safety of these routines for the individuals using them, or for any injury or damage to person or property.

Transitioning Routine

There often is a lot of waiting time and high energy in hallways. This routine allows the body to move in a regulated way while calming the nervous system. It gives students something to do that is fun and also centering.

About the Poses

This sequence begins with an inversion (Wall Dog) where the head goes below the heart and the hands are pressing into a locker or wall. Inversions have a calming effect on the nervous system. The Upward Mountain and Forward Fold allow the spine to lengthen and round creating a calming response. In the middle of the routine is Chair Pose, which is used to burn off excess energy as it is a challenging pose and uses our largest muscle groups. The positive self-talk used throughout this sequence is very “body” orientated encouraging the student to “be here now.” In transition, our minds are often way ahead of our body. We want our mind and body in one place.

INSTRUCTOR'S GUIDE:

1. Wall Dog

Place hands shoulder-width apart against the wall. Spread your fingers wide like rays of the sun. Walk feet back under hips. Push against the wall to engage shoulders making sure that your arms are in line with your ears; take three deep breaths. Saying to yourself, “I am connected.” Slowly lift the head and release hands from wall. Turn around to face forward.

2. Upward Mountain

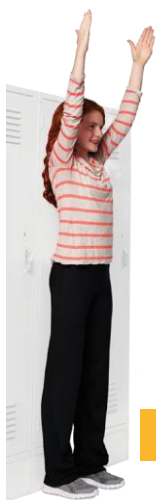
Stand with your feet hip-width apart and feel your feet connect to the ground. Bring your arms overhead with palms facing each other. Take three deep breaths. Saying to yourself, “I am present.”

3. Fold Forward

Now fold your body in half so your head goes below your heart and take three deep breaths. Say to yourself, “I feel my body stretch.”

Do this three times, coming into Upward Mountain and bending into Forward Fold. Each time you fold forward, let go of anything that is bothering you.

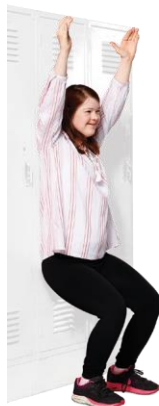




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4. Upward Mountain

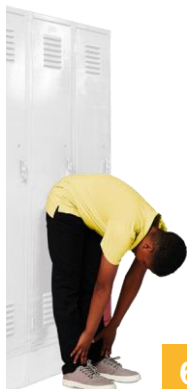
Stand with your feet hip-width apart and feel your feet connect to the ground. Bring your arms overhead with palms facing each other. Take three deep breaths. Saying to yourself, "My arms are strong."



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5. Chair

Stand tall and strong against the wall in Mountain and then bend your knees into a squat as if sitting in a chair. Use the wall to sit in your chair. Make sure you are making a 90-degree angle with your legs, with your knees directly over your ankles. Take three deep breaths. Saying to yourself, "My legs are strong."



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6. Forward Fold

Now fold your body in half so your head goes below your heart and stay for three breaths. Saying to yourself, "I feel my body stretch."



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7. Upward Mountain

Rise up to your best self into Upward Mountain with your feet hip-width apart and feel your feet connect to the ground. Bring your arms overhead with palms facing each other. Take three deep breaths. Say to yourself, "I am ready."