

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 masters 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.

Engaging Routine

There are many things that happen during the day that are distracting, creating a need to re-engage in learning. In these situations it is important to have an opportunity to clear the slate and have a new beginning. This routine helps students be present and ready to learn.

About the Poses

In this routine, the spine is moving into forward folds, back bends, and lateral stretches. This movement of front to back and side to side activates and relaxes the body into its most optimal state for learning. We call this a “relaxed/alert state.” The cervical vertebrae and lumbar vertebrae are the only two parts of the spine connected to the parasympathetic nervous system. When we fold these two parts of our spine, we begin to activate the parasympathetic (relaxation) response.

Dancer pose is wonderful for balance, focus, and attention. The movement is a small back bend, which gives energy, allowing the mind and body to work together. Balancing postures provide a feeling of safety due to the deep muscular input (muscles hugging into the bones) and effort it takes to balance. For youth with trauma, anxiety, and ADHD, balancing postures are excellent in providing the input needed to feel safe, put together, grounded, and balanced.

This routine concludes with diaphragmatic breathing having one hand on the heart and one hand on the belly which provides input into the body on where to bring the breath. This has shown to provide deep relaxation and a sense of safety.



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INSTRUCTOR'S GUIDE:

1. Mountain

Stand with your feet hip-width apart and feel your feet connect to the ground. Take three deep breaths saying to yourself, “My feet press into the ground.”



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2. Upward Mountain

Feel your feet connect to the ground and bring your arms overhead, reaching out through your fingertips. Feel your spine get long and your body strong. Lift your belly, head, and heart. Slide your shoulders back and down. If you would like, say to yourself, “I am here.”



3. / 4. Crescent

Keeping the arms overhead, press down through your feet and stretch your body to the left, making a half moon shape. Keep both sides long and take a few breaths into the sides of your body. Saying to yourself, "I stretch my body left." Now, switch sides by reaching the arms over to the right side. Saying to yourself, "I stretch my body right." Take three deep breaths



5. Upward Mountain

Coming to center, reach arms up into Upward Mountain, with palms facing each other. Take a deep breath in and out. If you would like, say to yourself, "I am here."



6. / 7. Dancer

- Stand on you right leg, holding onto the back of your chair. Lengthen through your spine and lift up with your heart.
- Bend your left knee and reach back with your left hand, and clasp your left foot, ankle, or pants. Keep your hips facing forward and kick into your left foot lifting the leg up and back.
- If you feel balanced, let go of the chair and reach forward with your right hand. Hold for several breaths, and say to yourself, "I am focused." Then slowly come down. Lengthen through your spine and lift up with your heart.
- Bend your right knee and reach back with your right hand, and clasp your right foot, ankle, or pants.
- If you feel balanced, let go of the chair and reach forward with your left hand. Hold for several breaths, saying to yourself, "I am balanced" then slowly come release the leg.



8. Forward Fold

Now fold your body in half so your head goes below your heart and take three deep breaths. If you would like, say to yourself when you breathe in "I breathe in" and when you breath out, "I breathe out."



9. Upward Mountain

Bring your arms over head into Upward Mountain, with your palms facing each other. Take a deep breath in and out. If you would like, say to yourself, "I am here."



10. Belly Breathing

Belly Breathing Come into seated position in a chair. Place one hand on your belly and one hand on your heart. Take a nice deep breath in and fill the belly, rib cage and the heart. Then breath out from the heart, rib cages and belly go in. Do this for 30 seconds to one minute, saying to yourself, "I am ready to learn."