



Thank you for joining us!

**Session:** Implementation: **STANDING**  
**Trainer:** Anne Contreras  
Director of Programs

### Getting Started:

1. This is an experiential webinar that includes movement. **Please adjust your space for you to comfortably move.**
2. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.
3. You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. **You will not receive a certificate, it will just be the confirmation of attendance email.**



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*The Power of Mindfulness Series:*  
**IMPLEMENTATION – Standing Poses**

Tuesday, May 19, 2020

# Introductions

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PhD Studies:

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Trauma/Systems Concentration,

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# Who We Are

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**Pure Edge, Inc. (PEI)** is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

PEI also provides grants to national organizations that advance the work of whole child development & SEL.



# Learning Objectives

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- ❖ Review **6 Standing** Brain Breaks
  - ❖ **Experience & Teach:** Brain Breaks, to help reset-recharge ourselves throughout.
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# Brain Breaks: Standing Poses





# Engaging Activity: Brain Balance Sequence



1. Inhale, take the right arm overhead and the left foot slightly behind, placing only your toes on the floor.
2. Exhale, lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
3. Inhale, return the right arm overhead and the left foot slightly behind, placing only your toes on the floor.
4. Exhale and again lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
5. Repeat on the other side.



## Engaging Activity: Mountain/Chair Strength Sequence



1. Begin in Mountain Pose.
2. Inhale, raise your arms overhead.
3. Exhale, bend your knees and sit back as though you were going to sit in an imaginary chair.
4. Hold for 3 breaths.
5. Inhale, come back to Mountain Pose.
6. Increase hold to 3-5 breaths as stamina increases.

*\*This sequence can be used to strengthen the lower back and legs. It's also re-energizing after sitting in a chair for awhile.*





# Engaging Activity: Recharge Sequence

1. Begin standing in Mountain with feet slightly apart, hands at your sides.
2. Inhale, take your arms overhead and look up.
3. Exhale and fold over your legs, bending the knees slightly to allow the hands to rest on the shins, the feet or the floor.
4. Inhale, place hands on shins, straighten legs and look up.
5. Exhale and fold over the legs once more.
6. Inhale, come all the way up to standing, arms overhead and look up.
7. Exhale, return to Mountain.

\*This sequence can be done behind or in front of desks/chairs. It's useful to re-energize learners when they get tired.

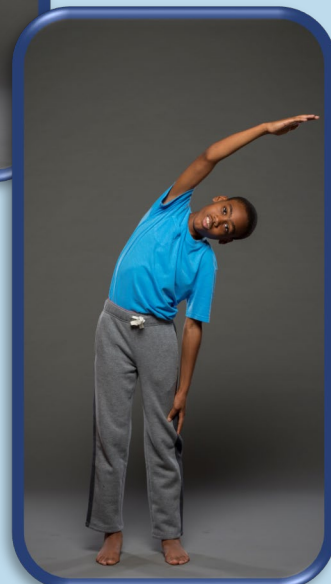




# Engaging Activity: Standing Half Moon

1. Begin in Mountain Pose.
2. Inhale, take feet slightly apart. Lift left arm overhead alongside left ear, press right arm into right side.
3. Exhale, lean to the right. Gaze straight ahead or down towards the feet.
4. Inhale, return to the center.
5. Exhale, lower left arm.
6. Inhale, lift right arm overhead alongside right ear, press left arm into left side.
7. Exhale, lean to the left. Gaze straight ahead or down towards the feet.
8. Inhale, return to the center.
9. Exhale, lower right arm and step feet together into Mountain Pose.
10. Repeat as required.

\*Use this sequence to awaken in the morning or to revive after lunch.





# Engaging Activity: Stork

1. Begin standing in Mountain, hands at hips.
2. Keep your eyes focused on a point 3 feet in front of you.
3. Stand firmly on the left foot.
4. Inhale, pull up the right knee and hold it with your right hand.
5. Take 3- 5 breaths here.
6. For a challenge, on the exhale open the knee out to the right and turn your gaze over your left shoulder. Take 3-5 breaths here.
7. Inhale, come back to center.
8. Exhale, return to Mountain pose
9. Repeat on the opposite side.

\*If learners are wobbly, as they stand firmly on the left foot they can keep right toes on the ground for support, with right knee bent. If they feel steady, they can lift the right foot up for one breath to start building balance.





# Engaging Activity: Wave Sequence

1. Begin in Mountain Pose.
2. Inhale, step your left foot wide to the side, exhale and turn your right foot out and bend the right knee. Inhale, raise both arms to a T-shape at shoulder height. Exhale and hold for 2 breaths. This is Surfer.
3. Inhale, take your left arm back towards your left calf and raise your right arm straight up towards the ceiling, exhale here. Look up at your hand and take 2 breaths.
4. Inhale and return to Surfer.
5. Exhale, place your right arm on your right thigh, and raise your left arm overhead. Look towards your left hand and take 2 breaths. This is Wave.
6. Inhale and return to Surfer.
7. Exhale and step feet together in Mountain Pose.
8. Repeat on the other side.

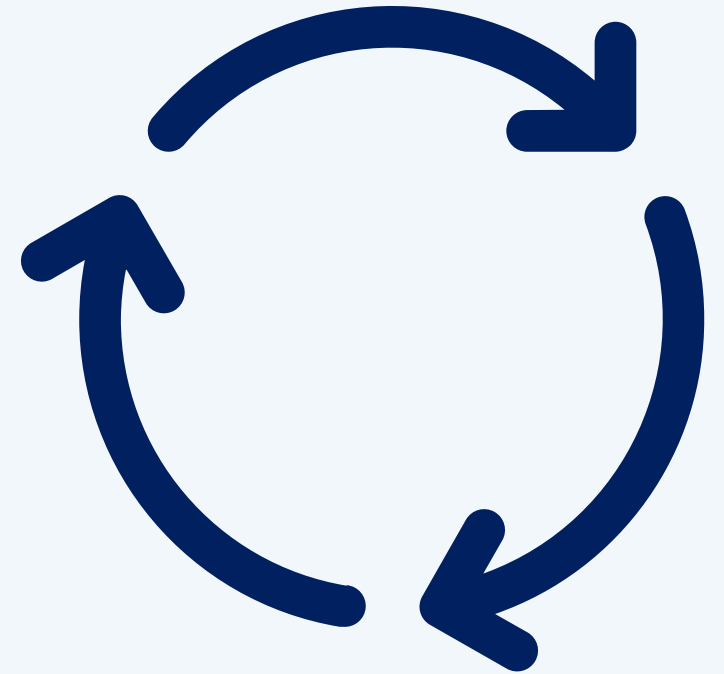


\*This sequence can be used to invigorate when tired or lethargic.

# Takeaways

## Standing Poses

- Brain Balance Sequence
- Mountain/Chair Strength Sequence
- Recharge Sequence
- Standing Half Moon
- Stork
- Wave Sequence





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