Getting Started:

1. If you have any questions, please type them into the Q&A box.

2. Remember to also sign up and register in your respective district/agency’s system in order to receive credit if needed.

3. Since this is an **experiential activity**, please wear comfortable clothing to move in and arrange your space to allow for movement. Also, please have a four-legged chair with no wheels, close by.

4. After this session ends, Zoom pops up a link to a feedback survey. Please complete this, as this helps us further support you.

Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org
Welcoming Activity

Respond to the poll to share which of the following images most accurately reflects your feelings right now.
Who We Are

**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.
Anne Contreras
anne@pureedgeinc.org
Director of Programs & National Trainer
MACP, MFTi #87444
Doctoral Studies
Somatic Psychology (Embodied States)
Foundation – Trauma
Engaging Activity: Mindful Listening
Session Objectives

• Practice nasal breathing as an aspect of self-awareness toward being mindful.

• Experience a brief self-care practice.

• Practice “Taking in the Good.”
Nasal Breathing

Mouth Breathing
Benefits of Nasal Breathing

- Filters dust and impurities from the air
- Warms the air to body temperature
- The diaphragm is more easily controlled, which supports the development of internal core strength
- More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
- Increased oxygen from nasal breath increases energy and vitality

Northwestern University, “Rhythm of breathing affects memory, fear: Breathing is not just for oxygen; it’s also linked to brain function, behavior.” ScienceDaily. ScienceDaily, 7 December 2016. www.sciencedaily.com/releases/2016/12/161207093034.htm

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Practice
Engaging Activity: Breathing Ball
Engaging Activity: Chair Opening A
Engaging Activity: Guided Rest
Optimistic Closure: How to “Take in the Good”

1. Look for good facts and turn them into good experiences.
2. Really enjoy the experience.
3. Intend and sense that good experiences are sinking into you.

Thank you for joining us!

Session 2: Mindful Mondays
Trainer: Anne Contreras, Director of Programs

Please Note: You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance.