Virtual Field Trip – Secondary Session 1

Michelle Kelsey Mitchell, Director of Partnerships
Introductions

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Session Tips and Reminders

- Get something to write with and keep it near you.
- Use a yoga or exercise mat, if you have one.
- Be in a space where you can stand up, sit down, and move your body in a safe way.
- If you have a tech glitch, no problem. Try to log out and log back on if you can.
- Use the chat / Q&A boxes to communicate with me as needed.
- This webinar is one-way facing, you can see me but I can’t see you, so please type to communicate.
Check-In

Write down 3 words that capture what’s on your mind and/or how you are feeling right now.
Session Goal

- Explore and experience the connection between the body, breath, and mind.
Movement Sequence

Mountain
Mountain/Sunrise x 2-3
Half Opening Sequence A x3
Star into Triangle
Tree OR Forest
Sandwich
Table
Butterfly
Seated Mountain
Guided Rest
Mountain
Mountain/Sunrise
Half Opening Sequence A
Star into Triangle
Tree or Forest
Sandwich
Butterfly
Seated Mountain
Guided Rest
Check-In

Write down 3 words that capture what’s on your mind and/or how you are feeling right now.
Mindfulness is kind awareness.

There is no right or wrong way to feel, nor right or wrong way to notice.

My Message to Me

• Write a text message to your future self.

• What is something kind or good that you want to say to yourself?

• What message of encouragement do you want to send to yourself?

• If you want to share with us, please use the Q & A box.
Please Note: You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. This is for live webinars via Zoom only.

Thank you for joining us!

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Trainer: Michelle Kelsey Mitchell, Director of Partnerships