



Pure Community

Thank you for joining us!

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

### Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion. This is for live webinars only.
2. If you have any questions, please type them into the Q&A box.
3. Remember to also sign up and register in your respective district/agency's system in order to receive credit if needed.
4. Be sure to keep a pen/pencil/paper nearby to jot down your thoughts.



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Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)





# Engaging Activity: Alternate Nostril Breathing



# 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.



# Introductions

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**Anne Contreras**

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*Director of Programs & National Trainer*

MACP, MFTi #87444

Doctoral Studies

Somatic Psychology (Embodied States)

Foundation: Trauma

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# Session Objectives

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- ❖ Practice aspects of self-awareness.
  - ❖ Experience a mindfulness practice.
  - ❖ Explore the interconnectedness of mindfulness and SEL.
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# Practice





# Optimistic Closure: Mindful Listening



# pureedgeinc.org

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Thoughtful Partnerships  
Curriculum & Training



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**Pure  
Edge**

Success Through Focus

Strategies for educators and learners to develop social, emotional, and academic learning skills through mindful movement and rest.



●  
breathe

●  
move

●  
rest



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