Virtual Field Trip – Elementary Session 1
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.
When I say go, write down 3 things you are thinking about right now. Then, if you’d like, share with your class via chat.
Ready... Set... GO!
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
When I say go, write down 3 things you are thinking about right now. Then, if you’d like, share with your class via chat.
Ready... Set... GO!

Timer created by Lara Futch
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Mindfulness is kind awareness.

There is no right or wrong way to feel, nor right or wrong way to notice.
How are you feeling?

Thank you for joining us!

Session: Virtual Field Trip - Elementary
Trainer: Michelle Kelsey Mitchell, Director of Partnerships

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