Virtual Field Trip – Elementary
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
Star into Triangle

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Tree or Forest
Sandwich
Butterfly
Seated Mountain
Guided Rest
Check-In

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!
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!

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Trainer: Michelle Kelsey Mitchell, Director of Partnerships

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