Virtual Field Trip – Elementary Session 3

Gill McClean, Director of Professional Development
Introductions

Gill McClean

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Director of Professional Development
& National Trainer
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

What is a strong emotion?

What does a strong emotion feel like?
Session Goal

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

Mountain
Half Opening Sequence A x3
Star into Triangle
Tree
Sandwich
Table/Slide
Butterfly
Seal & Crocodile
Guided Rest

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Mountain
Star into Triangle
Tree
Sandwich
Table
Butterfly
Seal 1
Sleeping Crocodile
Guided Rest
Check-In

Does everyone experience strong emotions?

How do you know?
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: Gill McClean, Director of Professional Development

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