Virtual Field Trip – Secondary Session 3

Gill McClean, Director of Professional Development
Introductions

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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

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
Strength Challenge

Mountain
Half Opening Sequence A x3
Wave Sequence
Chair Pose
Sandwich
Table/Slide
Boat
Seated Mountain
Guided Rest
Mountain
Half Opening Sequence A

- Inhale
- Exhale
- Inhale
- Exhale
- Inhale
Wave Sequence
Chair Pose
Sandwich
Table
Boat
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.
The Healthy Mind Platter

- Physical Time
- Focus Time
- Connecting Time
- Play Time
- Down Time
- Time In
- Sleep Time
How does your Mind Platter look?

Take a moment to notice it.

Are there areas you would like to increase?

Are there areas you would like to decrease?
Thank you for joining us!

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Trainer: Gill McClean, Director of Professional Development

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