



Pure Community

Thank you for joining us!

**Session:** Incorporating Wall Space  
in a Mindful Practice

**Trainer:** Anne Contreras, Director of Programs

### Getting Started:

- 1. Take a few minutes to clear some space at a wall. Have a towel or yoga mat and a firm folding blanket accessible.**
2. 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.
3. If you have any questions, please type them into the Q&A box.
4. Remember to also sign-up and register in your respective district/agency's system in order to receive credit, if needed.



Follow us @pureedgeinc  
Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)





# Engaging Activity: Breathing Ball



# Who We Are

---

**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

---

**Anne Contreras**

[anne@pureedgeinc.org](mailto:anne@pureedgeinc.org)

*Director of Programs & National Trainer*

MACP, MFTi #87444

Doctoral Studies

Somatic Psychology (Embodied Scholarship)

Foundation: Trauma

---



# Session Objectives

---

- Practice aspects of self-awareness in the movement.
  - Experience a mindfulness practice.
  - Notice how your body feels throughout.
- 



# Practice





Pure Community

**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 only.**

*Thank you for joining us!*

**Session:** Incorporating Wall Space in a Mindful Practice  
**Trainer:** Anne Contreras, Director of Programs



Follow us @pureedgeinc  
Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)

