



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
Email: getmoving@pureedgeinc.org



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

Director of Programs & National Trainer

MACP, MFTi #87444

Doctoral Studies

Somatic Psychology (Embodied Scholarship)

Foundation: Trauma



Session Objectives

1. Practice aspects of self-awareness in the movement.
 2. Experience a mindfulness practice.
 3. Notice how your body feels throughout using wall space.
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REST: Legs Up the Wall

Precautions/Contraindications

- Hiatus hernia
- Eye pressure or retinal problems
- Heart problems
- Neck problems
- Unwanted pressure in the head
- After 3rd month of pregnancy

LISTEN TO YOUR BODY

Benefits

- ✓ Make you feel more relaxed
- ✓ Helps balance blood pressure
- ✓ Improve Sleep Patterns
- ✓ Helps manage varicose veins
- ✓ Helps alleviate headache pain
- ✓ Alleviate low back tension
- ✓ Relieves leg & feet cramps
- ✓ Improves circulation



Practice





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