

Mindfulness & Movement



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Agenda



- Honor Self Care
- Experience Breathing Techniques
- Introduce Mindfulness
- Practice Regulating Movement
- Discuss Neuroscience Implications

Health and Wellness Needs



Nutritious Food



Family and Social Relationships



Exercise/Movement

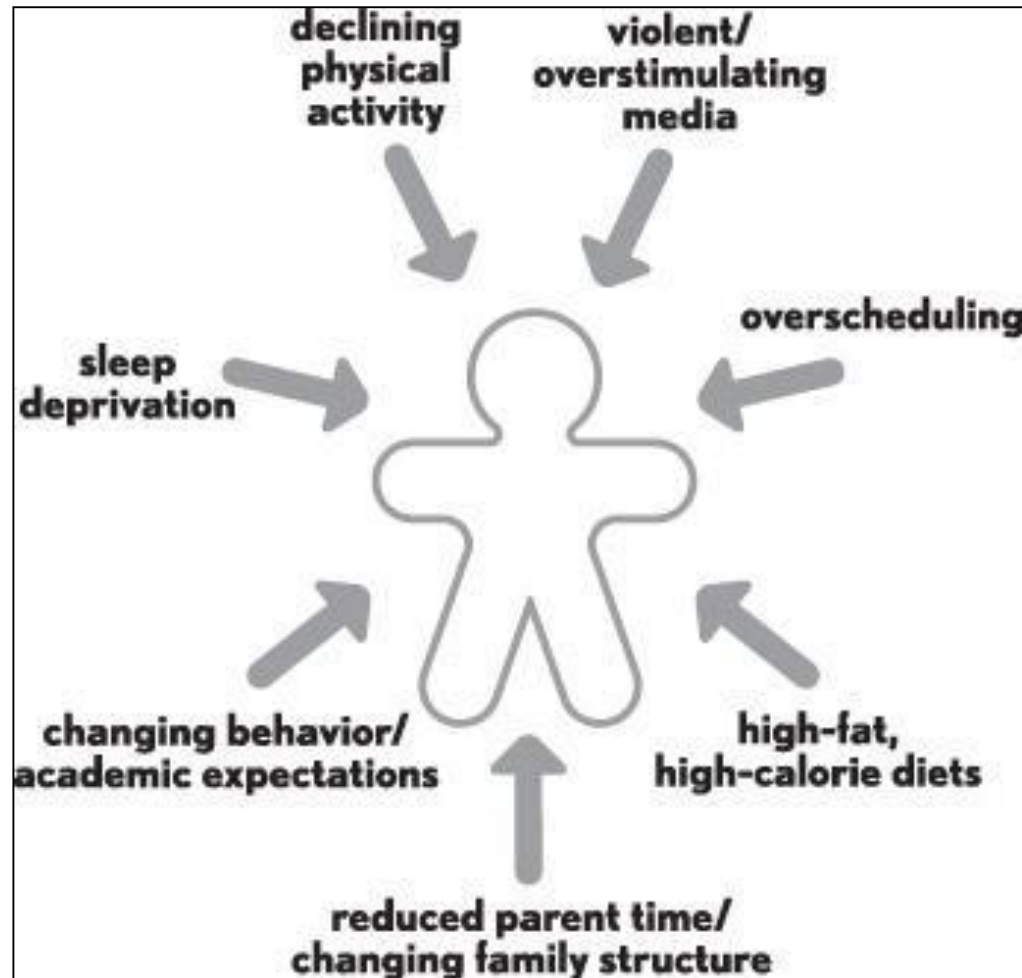


Connection to Nature



Rest/Sleep

Inhibitors to Learning & Wellness



Connection Through Breath



Principles of Healthy Breathing



- Awareness of breath
- Breathe through the nose
- Relax the belly
- Slow the breath
- Pause between inhale and exhale
- Deep even breathing creates relaxed alertness, ideal for learning

Breathing Techniques



Used daily

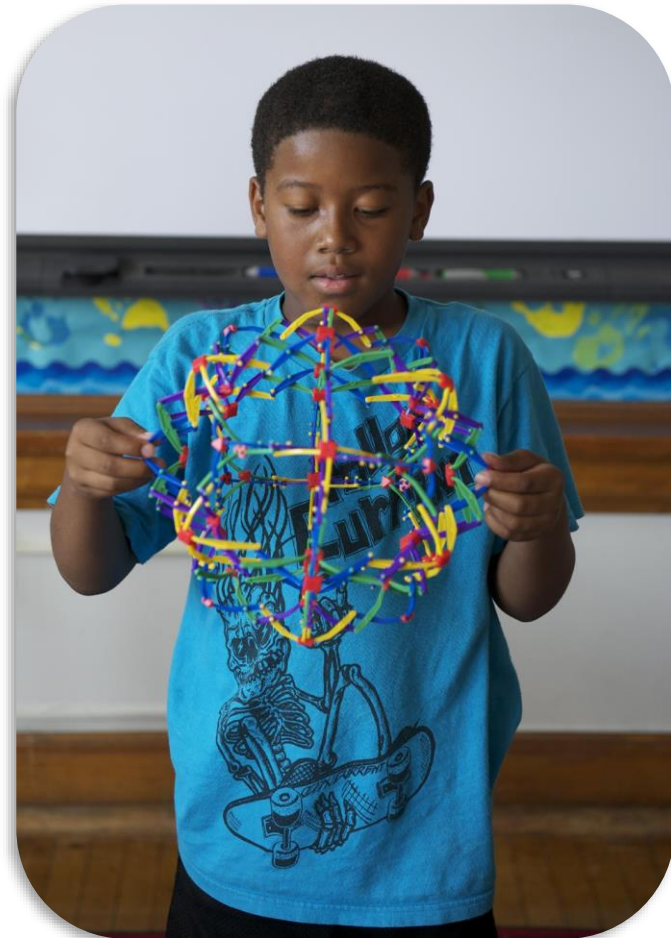
Ground through feet

Breathe 5-12 breaths

Inhale and exhale
for 3 counts

Hoberman Sphere

Volcano Breath

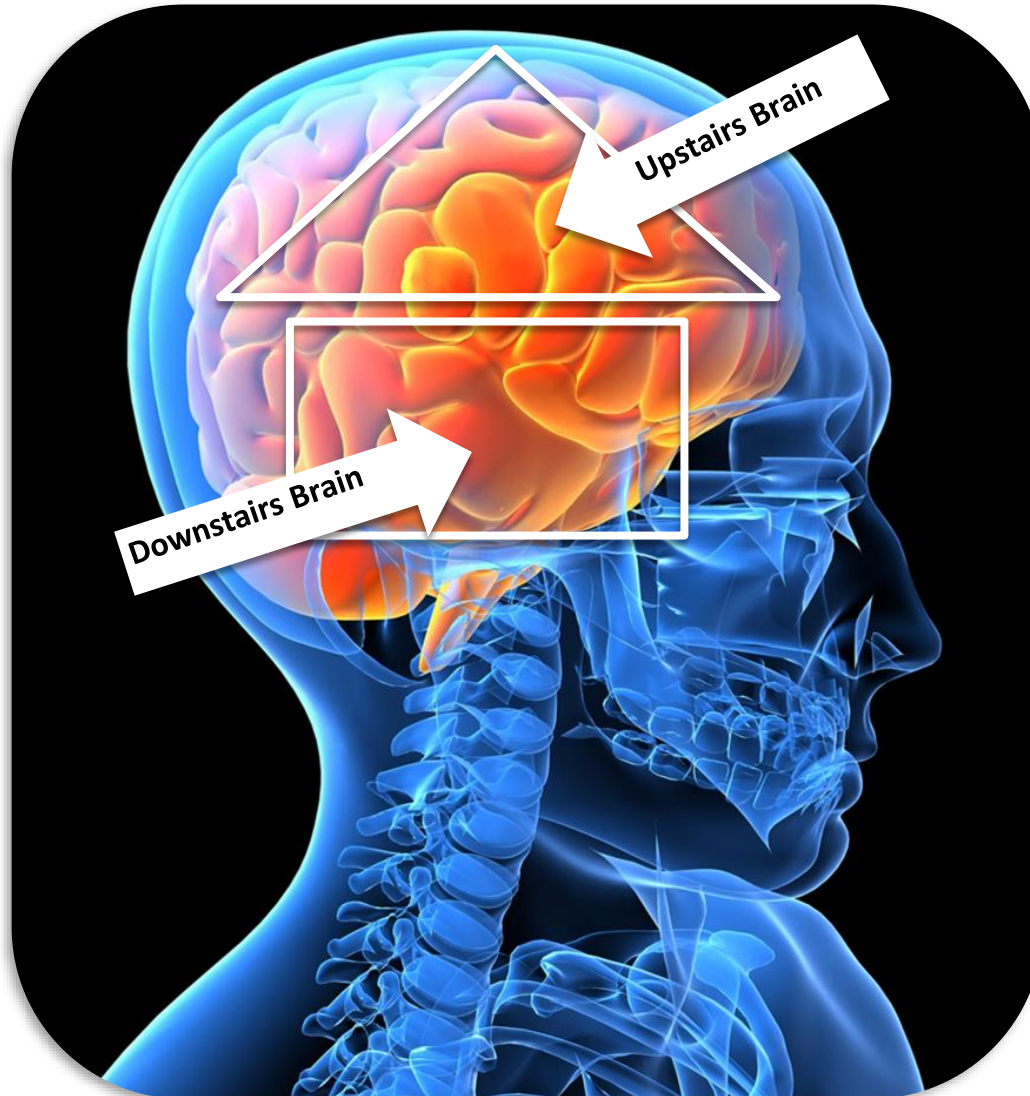


Mind Full, or Mindful?



Mind Full, or Mindful?

Brain-Based Research



The Downstairs Brain

- The lower parts of the brain or “primitive” brain which is made up of the brain stem, the amygdala and the limbic system
- Regulates basic functions like breathing, blinking, fight or flight and strong emotions (fear and anger)
- Controls innate reactions and impulses and the autonomic nervous system/sets off “fire alarm”
- The first floor of the house in the brain and is most developed in infants and young children

Strategies for Downstairs Brain Behavior

- Activate the parasympathetic nervous system
- Diaphragmatic breathing
- Yoga-based movement
- Guided imagery



The Upstairs Brain

- More evolved; made up of the frontal lobe, mid prefrontal cortex and other parts of the brain
- Continues to develop throughout childhood
- Not fully developed until age 25 in girls and age 27 in boys

Folding Forward

Activates relaxation response

Alters hormone levels

Sends fresh blood to brain

Reduces visual stimulation

Folds cervical & lumbar spine

Sitting or standing

Repeat 2-3 times;
hold for 3-5 breaths



Balancing

Increases focus

Bilateral brain integration

Grounds and centers

Creates sense of safety

Roots to Mountain

Tree

Hold each pose 3-5 breaths

Repeat on both sides



What is Yoga Calm?

- Integrated approach to physical, mental and emotional health
- Complete system with physical yoga, social/emotional skill development, mindfulness, storytelling and counseling activities
- Guided by Wellness Principles
- Founders Jim & Lynea Gillen

www.yogacalm.org

Yoga Calm Tools - Learning & Wellness Preparedness

Breathing Techniques

Calms the nervous system and reduces stress

Integrative Movement

Releases physical and emotional energy

Develops fitness, strength, flexibility, concentration and self confidence

Social/Emotional Learning

Develops skills in identifying feelings and communication

Teaches teamwork & leadership skills

Storytelling/Relaxation/Reflection

Reduces stress and calms the body and mind

Emotional Guidance

Acknowledge and respond to emotions and Identifying emotions in the body

WHAT IS MOVE MINDFULLY®?

Yoga-based movement to unwind the nervous system

Integrates physical, mental and emotional well-being

Creates optimal functioning by folding the spine in six directions

Used in educational, therapeutic, hospital, home and juvenile detention settings for self-regulation, community connection and overall wellbeing



Move Mindfully

Find implementation tips, product giveaways, training opportunities, self care resources & more!

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Yoga for Mental Health Research

- Activates parasympathetic nervous system
(Ross, Thomas, 2010)
- Increases levels of serotonin, norepinephrine, and dopamine
(Ratey, 2008)
- Improves mood
(Streeter, et al., 2010)
- Reduces anxiety
(Streeter, et al., 2010)
- Increases self-esteem
(Bart, Bar-Haim, Weizman, Levin, Sadeh, Mintz, 2008)



Tips for Success

- Find time each day to intentionally stop and do breathing exercises
- Pick a movement routine and integrate into your day
- Use poses as needed – forward bends to recalibrate, side bends and twists to move the body, back bends to energize
- “BE WHERE YOUR FEET ARE.”

Mindful Movement

Let's experience some mindful movement together!



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