Move Mindfully™ was created to empower educators, therapists, and parents to integrate yoga-based movement, mindfulness and social/emotional learning into the classroom, home, hospital, and therapeutic settings. Simple routines were designed to teach children and teens how to re-engage, focus, calm, transition, and release intense emotions.

These routines can be used for all settings. For simplicity, we have used the word student throughout this guide rather than children or teens.

Not all movement is created equal and when you have little time in your schedule, you want a routine that is going to have immediate impact. These routines are sequenced to enhance nervous system regulation, concentration, community connection, and overall wellbeing.

In education, we create active classrooms by incorporating yoga-based movement and breathing exercises. This type of movement allows the body to move into a relaxed/alert state without revving up the body system to “want more.” The over-active and under-active student can do the same yoga movement and get exactly what his/her systems needs: more energy or less energy. Not only do these routines impact the students; they impact the educator, parent, and therapist. Research shows that the most powerful factor in creating change for students is our ability as adults to maintain a calm and centered presence.

In therapy, we integrate the bodywork as part of the healing process. These routines can be used at the beginning of the session to open up the body and then at the end to close a session.

At home, these routines can be used to get ready for homework, to focus for the school day, to assist with intense emotions, and to calm before bedtime.

Meet the Creator:

Kathy Flaminio is the founder of 1000 Petals LLC, a holistic health and wellbeing training and consulting company based on the science and practice of mindfulness and movement. She is passionate about creating products and services that guide individuals to higher levels of wellbeing and improving their physical, mental, and emotional health.

Having worked twenty years in public schools, in both regular and special education, Kathy realized the importance of using the body in education. She supported teachers by designing simple routines to integrate throughout the day that helped students re-engage in their learning.
Kathy holds a masters degree in social work and has been in the fitness/wellness industry for over thirty years providing individual and group training. As the National Director of Training Development for the Yoga Calm® program, Kathy has guided over 6,000 professionals in yoga-based movement, mindfulness, and social/emotional skills strategies for use in classrooms, hospitals, home care, and therapeutic settings. Currently, Kathy is working with three of the largest school districts in Minnesota to implement Yoga Calm® district-wide.

To learn more about Kathy, visit www.1000-petals.com.

How to Use this Guide:

Each routine includes a brief explanation of the sequence, the benefits of the poses, the positive self-talk to use, and suggestions on what to say as the instructor. The great thing about movement is that you can demonstrate it without a lot of words. We have included longer explanations but as we know, “less is more.” The less we talk, the easier it is for most students to follow.

Each pose has a positive affirmation, something a child can whisper to him/herself if it feels right. Positive self-talk is powerful if an individual feels connected to the words. Let children know that these are just suggestions and if the words resonate with them they can use them throughout the sequence. You can also encourage students to come up with their own positive self-talk.

Note: All physical activity involves risk. 1000 Petals LLC and Learning ZoneXpress make no representations or warranties regarding the safety of those individuals using these routines. It is important that adults become familiar with the activities and use common sense when implementing the routines.
Calming Routine
This is a great routine to use anytime during the day that students need to calm and refocus. It is often used in morning meeting or after a highly energizing activity.

About the Poses:
This routine includes three different inversions where the head is below the heart: Forward Fold, Downward Dog, and Child's Pose. All these poses create a calming effect on the nervous system. It also includes pulse rate, which is a great feedback tool for students. They begin to learn to identify when their bodies are moving into the stress response and how to reverse the cycle with deep breathing and forward bending.

Note: You do not need the Hoberman sphere to do this activity. You can use your hands to demonstrate breathing in and expanding and breathing out and contracting.

INSTRUCTOR’S GUIDE
1. / 2. Hoberman Sphere Breathing
Have a seat on the floor or in a chair. Breathe slowly in and out five to seven times. As you breathe in, feel your belly, your rib cage, and the top of your lungs expand, saying to yourself, “I breathe in.” As you breathe out, release the breath from your lungs, ribcage, belly, saying to yourself, “I breathe out.” After five to seven slow breaths, stop and notice how you feel.

3. Pulse Count
Place two fingers at the side of your mouth, tip your head slightly, and trace your fingers down to the groove in your neck and see if you can find your pulse. We will count for 15 seconds. Saying to yourself, “I listen to my body.” Ready…count.

4. Mountain
Stand with your feet hip-width apart and feel your feet connect to the ground. Allow the arms to be active at your side. If you would like, say to yourself, “My feet press into the ground.”
5. **Upward Mountain**  
With your feet connected to the ground, bring your arms overhead into Upward Mountain, palms facing each other. Take a deep breath in and out. Saying to yourself, "I am strong." Feel that strength in your body.

6. / 7. **Fold Forward and Upward Mountain**  
Now fold your body in half so your head goes below your heart and take three deep breaths. Saying to yourself, "I feel my body stretch." Gently bring your body up into Upward Mountain with arms overhead and bring your hands together and in front of your heart. Saying to yourself, "I can do this."

Do this three times, coming into Upward Mountain and bending into Forward Fold. Each time you fold forward let go of anything that is bothering you.

8. / 9. **Tree**  
Now we are going to balance on one foot. Press your right foot into the floor and feel it connect you to the ground. Now kickstand your left foot against your right leg so your knee goes out to the side. Make sure your foot is pressing above or below your knee—not on the knee. Breathe in and out three times, saying to yourself, "I am centered" and then mindfully release.

Now place your left foot onto the ground and kickstand your right foot. Breathe in and out three times. If it feels right, say to yourself, "I am balanced."

10. **Forward Fold**  
Now fold your body in half so your head goes below your heart and take three deep breaths. Saying to yourself, "I feel my body stretch."
11. **Downward Dog**  
From Forward Fold, place both hands on the floor shoulder-width apart, walk feet back and lift your hips toward the sky creating a V shape. Keep your knees slightly bent so your back can remain flat and knees go under hips. Spread your fingers wide like rays of the sun. Feel the strength and focus in your body. Saying to yourself, “I feel the ground beneath me.”

12. **Child’s Pose**  
From Downward Dog, slowly lower your knees to the floor. Place your big toes together and the tops of the feet on the floor. Sit back on your heels. Stack your hands to make a pillow and press your forehead down on your hands to relax between your eyes. Stay here for one minute breathing slowly and thinking about something that you enjoy. Saying to yourself, “I am calm.”