Yoga and Mindfulness – tools for school and home, virtual studio.

Thank you for your patience and all of us coming together.

Join our classroom practices from home and share them with our family too. Your kiddos will be able to help you as well.

Our practice is live, and is not recorded. All you will need to do is create a free zoom.us account to log onto the class portal, no special purchase is required. Yes, please share this.

Jen’s ZOOM:
https://zoom.us/j/7688612861

Jen’s Zoom Meeting ID: 768 861 2861

Please join the class quietly.

Caregivers please check the computer before we begin our class:
1. Check that my sound to you is on, and
2. your output sound is off.
3. You can choose to keep your video feed on (your SOUND OFF) for the added bonus of seeing each other too as we practice together from school to school.

Yoga and Mindfulness with Jen, March 30 – April 3, 2020

MORNING:
Tuesday, Thursday  5:55A – 6:30A
Topic:  Wake UP!  Balance Mind & Stretch Spine Practice

Weekdays, M – F  8A – 8:35A
Topic:  Morning drums, singing bowls, breathing calm with stretch and strength

Weekdays, M – F  9:00A – 9:40A
Topic:  33 Sun Salutations = 363 movements of mind, body and breathing fun. We’ll count and balance, maybe even do a few more (or less)!

Weekdays, M – F  10A – 10:20A
Topic:  Mind movement and games for joy, calm, balance

Weekdays, M – F  10:30A – 11A
Topic:  Breathwork to energize, invigorate and relax the body and mind
Yoga and mindfulness tools for school and beyond
March 30 – April 3 schedule

AFTERNOON:

Monday  1P – 1:30P
Topic: Pebble moment and other short practices for mind, body, breath calm
*Before we practice, please gather 4 rocks that you notice and fit comfortably in your hand

Tuesday  1P – 1:30P
Topic: Arm balances and calm mind
*please be sure your video is on too for this practice

Wednesday  1P – 1:30P
Topic: Breathing exercises both rigorous and calm to increase resilience

Thursday  1P – 1:30P
Topic: Dragon dance to uplift mood, creativity and build strength

Friday  1P – 1:30P
Topic: Singing bowls and mind movie relaxation

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Thank you!

take care,
Jen