

Yoga and Mindfulness – tools for school and beyond virtual studio.
Join in to our live classes, as we take our classroom practices and come together from home, sharing some of our daily practices from school with our family. We can keep our daily practices from school with us too, from anywhere.

Thank you for your patience and all of us coming together.
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 23 – 27, 2020

MORNING:

Tuesday, Thursday 5:55A – 6:30A

Topic: Wake UP! Balance Mind & Stretch Spine Practice

Weekdays, M – F 8A – 8:30A

Topic: Morning drums, singing bowls, breathing calm with stretch and strength

Weekdays, M – F 9A – 9:40A

Topic: 33 Sun Salutations = 363 movements, perhaps a few more (or less)!

Weekdays , M – F 10A – 10:20A

Topic: Mind movement and games for joy, calm, balance

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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One tap mobile

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Thank you!

take care,

Jen