

MoveMindfully® Media Kit

About MoveMindfully®

1000 Petals LLC (now MoveMindfully®) was started by Kathy Flaminio, LGSW, MSW, E-RYT-200, in 2009 as a training and consulting company that brings the science of mindfulness, movement, and social-emotional learning into simple trauma responsive practices. MoveMindfully tools and programs are used in educational, therapeutic, and home environments. Their offerings include trainings, workshops, consultations, residencies, products, and curriculum that teach BREATHE-MOVE-REST practices for overall well-being.

The MoveMindfully journey started during a year-long sabbatical in 2007 when Kathy was able to research the intersection of mindfulness, movement, and mental health. This included studying and participating in a variety of mindfulness and movement programs including MBSR (Mindfulness Based Stress Reduction) and Yoga Calm®: An Integrated Approach to Wellness training. After studying with the Yoga Calm Founders in Portland, OR, Kathy and her colleague, Julie Hurtubise, began implementing the Yoga Calm curriculum in Minneapolis Public Schools.

Kathy and Julie supported many educators and therapists who began collecting data to track the impact of these practices. Their Action Research showed improvements in many areas including an increase in time on task during Drop Everything and Read, a decrease in behavior referrals, and a decrease in classroom noise (decibel) level. Due to the success in classrooms and positive teacher feedback, Kathy began to expand the work with collaborative partners (her team) to bring these practices into entire school districts and therapeutic settings.

With a focus on creating cultures of wellness, simple trauma-responsive visuals including MoveMindfully Card Decks, Permission to Pause Posters, and Sleep Routines were developed. These easy-to-use visual supports allowed for program fidelity and sustainability which was often difficult to achieve in many settings. Residencies and consultations evolved from there, providing opportunities for the 1000 Petals team to work more collaboratively with schools, hospitals, and juvenile services. With the growing number of MoveMindfully programs backed by evidence of their system-wide use, the 1000 Petals brand was changed to MoveMindfully®.

Now MoveMindfully BREATHE-MOVE-REST Signature Practice, strategies, and interventions are shared through foundation training, workshops, residencies, family events, and consultations and used in a variety of settings.

The MoveMindfully team has trained over 50,000 professionals in mindfulness, movement, and social-emotional skills strategies in thousands of communities nationwide. As of 2020, MoveMindfully training, workshops and materials are offered in Spanish and Somali.



The Science Behind MoveMindfully® Practice

MoveMindfully is based on science and practices rooted in research. The practices of social-emotional learning (SEL), yoga-based movement, and mindfulness education have shown benefits with children, adolescents, and adults

Early Elementary

Yoga in the preschool classroom has shown to improve:¹

- Gross motor development
- Stretch and flexibility
- Static balance

Elementary

Implementing yoga within the school curriculum indicates:²

- School-based yoga can promote social emotional learning, and positive student outcomes
- These programs can help students develop self-regulation, mind-body awareness and physical fitness
- Students can learn to mitigate common stressors using self-regulation skills needed for success

Middle School

A 2010 study using Mindfulness Education in 4th-7th grade classrooms resulted in positive program effects pre- to post-study:³

- Evidenced significant and positive improvement in emotion of optimism
- Upon practicing a session with mindful breath, teachers reported seeing an immediate change in behavior of improved attention and focus

Yoga and Mindfulness

Physical and mental health research shows integration of these methods can result in a myriad of positive outcomes:

- Activates parasympathetic nervous system (Ross, Thomas, 2010)
- Increases levels of serotonin, norepinephrine, and dopamine (Ratey, 2008)
- Reduces anxiety (Streeter, et al., 2010)
- Increased self-regulation and self esteem (White, 2012)
- Complementary treatment for ADHD (Hafner, Roos, Goldstein, Parzer, Resch, 2006)

¹ Bubela, D., & Gaylord, S. (2014). A comparison of preschoolers' motor abilities before and after a 6 week yoga program. *Journal of Yoga & Physical Therapy*, 4(2), 1.

² Research from Butzer, B., Bury, D., Telles, S., Khalsa, S. B. S. (2016). Implementing yoga within the school curriculum: A scientific rationale for improving social-emotional learning and positive student outcomes. *Journal of Children's Services*, 11, 3–24. doi:10.1108/jcs-10-2014-0044 indicates:

³ Schonert-Reichl, Kimberly & Lawlor, Molly. (2010). The Effects of a Mindfulness-Based Education Program on Pre- and Early Adolescents' Well-Being and Social and Emotional Competence. *Mindfulness*. 1. 137-151. 10.1007/s12671-010-0011-8. *10-week study of third-graders

Mission and Messages

The MoveMindfully® Mission

To inspire, train, and support youth, adults, and families as they navigate life's challenges and opportunities; cultivating physical, mental, and emotional well-being.

Key Messages

MoveMindfully nurtures cultures of social-emotional well-being.

- We integrate mindfulness and movement into daily lives, intersecting the principles of mindfulness, movement, and mental health.

MoveMindfully is based on science and practices rooted in research.

- We harness scientific learnings to implement simple trauma-responsive practices that result in self-regulation, focus, and overall well-being.

MoveMindfully is inclusive.

- Everyone is seen, heard, valued, and celebrated.

Meet MoveMindfully®

Kathy Flaminio, Founder and CEO



Kathy Flaminio, LGSW, MSW, E-RYT-200, is the founder of MoveMindfully, a training and consulting company that brings the science of mindfulness, movement, and social-emotional learning into educational, therapeutic, and home environments. She is the creator of MoveMindfully training, workshops, products and curriculum that teach trauma-responsive, yoga-based sequences for self-regulation, focus, and overall well-being. With a master's degree in social work, Kathy holds more than 20 years of experience in regular and special education and is adjunct faculty for Saint Mary's University. Kathy has trained over 50,000 professionals in mindfulness, movement, and social-emotional skills strategies and has partnered with the University of Minnesota Masonic Children's Hospital and United Hospital to provide trauma-responsive practices to the child/adolescent and adult mental health units. She is co-author of *Moving Mountains: An Integrative Manual to Help Youth with Intensity, Reactivity and Anxiety* and of the Teen Resiliency Program with Dr. Henry Emmons, Dr. Timothy Culbert and associates.

Kathy has been a keynote speaker and/or presenter for more than 100 organizations and national conferences. For more information about MoveMindfully collaborative programs and partnerships, Kathy's speaking engagements, including keynote presentations, and specialty topics visit, move-mindfully.com/meet-the-founder.

Chrissy Mignogna, Lead Trainer and Director of Education



Chrissy Mignogna, BA, E-RYT-200 is MoveMindfully's Lead Trainer and Director of Education. She is a certified Yoga Calm® trainer and teacher. Chrissy has trained hundreds of staff, parents, and counselors to use MoveMindfully and Yoga Calm curricula in daycares, schools, hospitals, and therapeutic settings. Currently, Chrissy teaches in Dakota County Juvenile Service Center, in addition to local preschools/daycares, elementary, middle, and high schools. She also provides trauma-responsive mind-body practices for the child/adolescent mental health unit and dual diagnosis units at the University of Minnesota Masonic Children's hospital and United Hospital. In addition to teaching children and teens, Chrissy leads community-based yoga classes for adults and seniors. She is a frequent presenter for the Minnesota Education Association (MEA), Autism Minnesota, Minnesota Association of Community Mental Health Programs (MACMHP), Minnesota Association for Family and Early Education (MNAFEE), Evangelical Lutheran Educational Association (ELEA), and was keynote for a Division for Early Childhood conference.

For press inquiries or speaking requests please contact info@move-mindfully.com.

MoveMindfully® Keynote Presentation Topics

Kathy Flaminio and Chrissy Mignogna both offer keynotes with an aim to reconnect body, mind, and heart. They can vary in length to suit your needs.

P.A.U.S.E

Now more than ever it is critical that we focus on self-care and identify simple and relevant tools to support our physical, mental, and emotional well-being. Join Kathy Flaminio, founder of MoveMindfully, to experience and explore the power of PAUSE, being: Present, Authentic, Unified, Self-Regulated, and Empathic. Walk away with a toolkit of mind-body practices to help navigate life's challenges and opportunities.

Managing Chaos in a Chaotic World: Mindfully

Life's challenges have taken a toll on all of us with direct impact on our overall health and well-being. Discover much needed relief with simple practices for decreasing stress, alleviating exhaustion, preventing burnout, and reconnecting you to your passion. Experience the power of physical, mental, and emotional mind-body strategies to be more present in your life and work. Sample our BREATHE-MOVE-REST signature practice to move from chaos to calm and connected.

Igniting Social-Emotional Learning: A MoveMindfully Approach

Explore the impact of trauma and stress on the brain and body using a mind-body Tiered System Approach. Understanding that "our nervous system is the curriculum," experience our BREATHE-MOVE-REST signature practice for more in-depth awareness of Social-Emotional Learning (SEL) competencies. Experience the simplicity of integrating MoveMindfully practices as a part of the MTSS Tier 1 intervention for all students, and Tier 2- and Tier 3-specific practices to integrate into the classroom and during individual support.

Self-Regulate to Co-Regulate with MoveMindfully

As early educators and caregivers, we must identify ways to manage our own stress and support our physical, mental, and emotional well-being so we can be fully present to our youngest learners. Join Chrissy Mignogna, co-creator of the MoveMindfully Early Childhood Card Deck to experience and explore the Five S's for stress-reduction. Walk away with a toolkit of mind-body practices to prevent burnout and help you co-regulate/connect throughout the day with children and families you serve.

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Recent News

FEBRUARY 12, 2021

1000 PETALS LLC REBRANDS AND CHANGES TO MOVEMINDFULLY®

New name and brand showcases the MoveMindfully mission of cultivating physical, mental, and emotional well-being.

Minneapolis-St. Paul: 1000 Petals LLC has officially made the move to a new company name and brand, MoveMindfully®. Kathy Flaminio, founder and CEO, spoke to the transition, “The new name expresses our vision of integrating mindfulness and movement into the heart of our communities so everyone thrives.”

The name MoveMindfully stems from the organization’s simple trauma-responsive visuals including MoveMindfully Card Decks, Permission to Pause Posters, and Sleep Routines. They were branded with the name MoveMindfully and developed as easy to use visuals to achieve program fidelity and sustainability. “Employing the MoveMindfully name as the company’s new overall brand clearly communicates our practice and mission. We are excited for this next chapter as MoveMindfully continues to grow and form new partnerships,” commented Flaminio.

MoveMindfully programs are used in thousands of school communities and programs in Minnesota and nationwide.

MoveMindfully came into being in 2009 under its original name, 1000 Petals Inc. It is a training and consulting company that brings the science of mindfulness, movement, and social-emotional learning into educational, therapeutic, and home environments. Started by Kathy Flaminio, LGSW, MSW, E-RYT-200, MoveMindfully has transformed these scientific learnings into simple trauma-responsive practices that can be used in a variety of settings. MoveMindfully offerings include trainings, workshops, consultations, residencies, products, and curriculum that teach BREATH-MOVE-REST practices for overall well-being.

Visit move-mindfully.com to learn more about our mission and programs.

Contact Information and Media Assets

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