

# Moving into the Zone Workshop

## IMPLEMENTING MOVE MINDFULLY® AND THE ZONES OF REGULATION®



In this workshop participants will explore how to integrate The Zones of Regulation® and MoveMindfully® practices into the school day and therapeutic settings.

Through hands-on learning, reflection and discussion, participants will experience the power of mind-body interventions woven within a cognitive, systematic framework to support students regulation, community connection and overall well-being. Explore the foundational principles of The Zones of Regulation and Move Mindfully frameworks. Learn how to apply these practices to create peaceful and safe places where students are engaged and available to learn. Walk away with new tools that are easily applied to classrooms, groups, and/or 1:1 support.



### OBJECTIVES

Demonstrate understanding of The Zones of Regulation systematic pathway to support students as they identify feelings and regulation tools.

Learn the role of Move Mindfully's yoga based movement, breathwork and rest techniques to regain a sense of safety and stability.

Experience the art of integrating the simple and practical Zones and Move Mindfully strategies into everyday routines.

Explore and develop your own self-management practices to promote healthy and safe environments for students to thrive.

### WHEN

Tuesday, May 24, 2022  
8:30 am - 3:30 pm CT

### WHERE

Zoom Platform

### AUDIENCE/AGE RANGES

For educators, therapists, parents and related service providers working with elementary school age children.

### RATES

**\* Includes MoveMindfully Card Deck (\$40 value)\***

Early Bird: \$220 through April 24, 2022 use code **earlybird**

Individuals: \$230 after April 24, 2022

Group Rates: \$200 for groups of three or more

### QUESTIONS?

Visit [move-mindfully.com](http://move-mindfully.com) or email [info@move-mindfully.com](mailto:info@move-mindfully.com)

### PRESENTERS

**Kathy Flaminio**, LGSW, MSW, E-RYT-200, is the founder of MoveMindfully, a training and consulting company on the science and practice of mindfulness, movement and social/emotional learning. She is the creator of Move Mindfully® yoga based sequencing for self-regulation, focus and overall well-being.

**Leah Kuypers**, MA.Ed, OTR/L is the founder of Kuypers Consulting, and is the creator and author of The Zones of Regulation (2011) which has been enthusiastically received by educators, therapists and parents around the world. In addition, Leah provides international trainings and consultation on regulation and social emotional learning to groups and districts.

### HOSTS

**MoveMindfully**

[move-mindfully.com](http://move-mindfully.com)

**Kuypers Consulting**

[zonesofregulation.com](http://zonesofregulation.com)