

# movemindfully Programs

# Foundation Training

movemindfully Foundation Training



## Introduction to Mindfulness, Movement and Social Emotional Learning

During this interactive training, learn how to integrate the movemindfully signature **Breathe Move Rest** practices to support student and staff physical, emotional, and mental health. Educators, social workers, and related service providers will enhance their understanding of the impact of stress and trauma for youth and adults. Large group learning and breakout sessions provide a more personalized training experience. Support social-emotional learning for children, youth, and adults with practical strategies to reduce stress, develop self-regulation, increase community connection, and cognitive flexibility. Walk away with a toolkit of practices using the movemindfully Card Deck and the Permission to Pause Posters.

### COURSE 1

**DATE:** June 25, 2024

**LOCATION:**

Washburn Center for Children  
1100 Glenwood Ave  
Minneapolis, MN 55405  
or Zoom

**TIME:** 8:30am–3:30pm

**COST:** \$240

**Cost Courses 1 and 2:**  
\$430



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## Trauma-Responsive Practices

Incorporating knowledge of trauma, Adverse Childhood Experiences (ACEs) and mental health diagnoses, participants experience the power of mind-body practices for stress reduction, improved focus, increased cognitive flexibility, and overall well-being. Through exploration of the six domains of complex trauma, participants identify movemindfully **Breathe Move Rest** practices to integrate into a variety of intervention frameworks. Learn the art of meeting youth where they are physically, emotionally, and mentally by designing interventions to be used individually, as well as in small and large groups.

### COURSE 2

**DATE:** June 26, 2024

**LOCATION:**

Washburn Center for Children  
1100 Glenwood Ave  
Minneapolis, MN 55405  
or Zoom

**TIME:** 8:30am–3:30pm

**COST:** \$210

**Cost Courses 1 and 2:**  
\$430



## Benefits

- **Educators** feel confident they can create safe, effective learning environments.
- **Students** build readiness for learning as they feel seen, heard, and supported throughout the day.
- **Practitioners** maximize their effectiveness with an accessible mind-body toolkit.
- **Leaders** have tools to promote a culture of well-being by providing practical stress-management strategies and addressing staff burnout.
- **Families** feel supported by and connected to the organizations serving their children.



movemindfully®

movemindfully® is a training and consulting company that brings the science of mindfulness, movement, and social/emotional learning into simple trauma-responsive tools and strategies that can be used throughout the day. We collaborate with educational and therapeutic organizations to implement evidence-based mind body practices that create cultures of physical, mental, and emotional well-being.

[move-mindfully.com](https://www.move-mindfully.com)