



"I Am" Session Elements:



MOVEMENT:

Mindful movement exercises - these are defined based on the check-in. We use an array of tools that we have designed to target areas where people have expressed that their bodies and beings need tending to. These exercises are aimed at gently awakening our innate ability to listen to our bodies, tend to our needs, and heal ourselves.

GUIDED MEDITATION:

An interactive series of breathing exercises followed by a few minutes of silent meditation. This enables the results of the movement to really be absorbed in the body, and for the body to be able to absorb the results of self-care. Our thoughts shape our realities, actions and experience. Meditation spares the tragedy of wasting our energy in the wrong direction.



WRITING/ART EXERCISES:

A collection of writing and art exercises geared at awakening the voices that live deep within our body memories and allowing them the space and energy to express themselves. Through writing exercises that help shape and tell that story we help you tap into the strength of your story within.

DEBRIEF AND DISCUSSION:

These are moments of pause at the start, the end, and sometimes in the middle of the session that allow us to express and share what has emerged. . Students share and discuss what they've experienced. We provide the tools to help participants create and foster a method of self-care.



