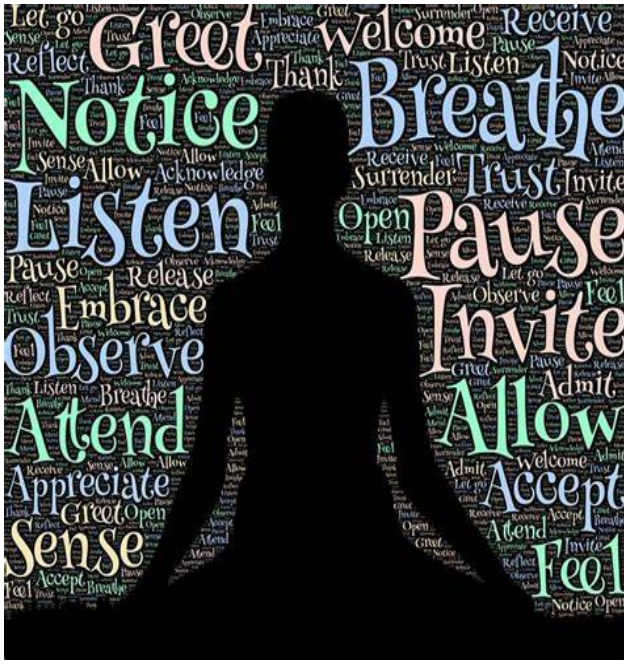
Mindful Meditation, Yoga and Tennis

Spring 2022



1st Class: For Grades 1st-5th
Day/Time: Fridays @ 2:50-3:50

Location: D Pod

TO SignUp: Email to check for space in class
kimrmccann@gmail.com

Payment: $225 via Venmo:

@Kim-McCann-13

DATES: 12 weeks: 1/27, 2/3

2/10, 2/24, 3/3, 3/10, 3/17, 3/24,

4.14, 4/21, 5/5, 5/12

What is Mindfulness?

Mindfulness is the awareness that arises through paying attention on purpose in the present moment without judgment.

Description

We will be learning to cultivate mindfulness in each lesson through mindful exercises like mindful breathing meditation, mindful listening and communication and also through mindful movement with yoga and tennis. The first half of the **12 week session**, (6 classes), we will be in the D pod practicing mindful meditation and movement and the second half of the session, we will be on the blacktop developing our mindful tennis skills.

What we learn through practicing mindfulness is to pay attention to the present moment so we can notice our thoughts, emotions, sensations and the people and environment around us with more clarity. We learn the tools to manage life's stressors and challenges as they arise. Mindfulness practices such as breathing meditation have been shown to help reduce stress and anxiety, promote self awareness, improve focus, and create positive energy.

ABOUT THE TEACHER

Kim McCann has been a credentialed teacher for over 25 years in Physical Education and Tennis. Most recently, Kim became certified by Mindful Schools