

Dear Parents,

We are so lucky to have Cary Saltgaver back again this year. The focus of the mindfulness program this year is on combining yoga with meditation and sessions have been held outside on the Garfield lawn. Grades K-5 were involved this first trimester. This program, now in its third year of implementation, has provided a great opportunity for students to expand their knowledge and practice. Please ask your student about what they are learning and engage them in follow up practice as much as possible. This helps to build consistency with the strategies and skills taught.

Below are summaries of each session this past first trimester.

Sincerely,

Mary Ann McQueen
Principal, St. Mark School

Hi all!

I hope you all had a lovely weekend! Here is the summary for December 4th. This Tuesday, December 11th, is our last class of the trimester. We scheduled 6 dates in trimester 1 and 6 dates in trimester 2. The hope was to practice with elementary trimester 1 and middle school trimester 2. Since this is our first time adding movement to the practice, I would love your feedback! Please feel free to email me with any thoughts or feelings moving forward.

With gratitude,
Cary

St. Mark School
December 4, 2018
Mindfulness and Yoga

Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor. ~Thích Nhất Hạnh

Appreciations

Thank you teachers for having conversations with your students about a mindful approach to practicing mindfulness and yoga.

Thank you Dana for meeting during lunch.

Welcome back Kaylan! Thank you for practicing with Kindergarten!

Moving With My Breath

As children become familiar with the movement and routine of class, we start introducing them to the idea of moving their body with their breath. We want this to feel simple and accessible so that the primary experience is grounding and being connected. We start with the anchor breath to provide a constant place of connection any time things feel off or out of balance. Our breath is an anchor that can help us remain steady even during hard times or difficult emotions.

Kindergarten-5th grade

Opening: Singing Bowl

Connect: Anchor Breath

Breathe: Animal Breaths

Move: Sun Salutation, Gentle Forward Fold

Focus: Expanding Energy

Relax: Tense and Let Go

Closing: Heart Center Send Out

With love and gratitude,

Cary