



# mindful movement

## Learning mindfulness through movement

Our programs bring together Mindfulness and Movement to help children develop their body-mind connection, personal awareness, empathy and inner calm, while at the same time introducing them to a mindfulness-based meditation practice.





# teaching mindfulness

## Our greatest life skill

The modern world contains a myriad of activity, over-stimulation and distraction. In general children find it difficult to be still which can make Mindfulness Meditation a challenge. Our programs use easy stretches and flowing movements to anchor the mind and body to the breath.

Effectively Mindful Movement is a moving meditation and a dynamic mindfulness practice.

Mindfulness is a form of attention and focus training which enables the mind to be clear and shifts the body into a state of relaxation. The ability to practice being present, mindful and calm are invaluable life skills that can transform a child's life.

Research shows that teaching mindfulness:

- Improves concentration
- Reduces stress
- Develops emotional resilience
- Improves overall physical and mental wellbeing

# our programs

## Designed for 5 - 8 year olds

This program will develop a child's body-mind connection and introduce them to mindfulness through the coordination of movement and breath. Each session will also incorporate a stillness meditation. The program consists of weekly 30 minute sessions over the course of one school term.

## Designed for 9 - 12 year olds

This program will develop a child's skills in the areas of attention, focus and self awareness. These skills are essential for all children going forward into their important senior school years. Each session will incorporate a mindfulness practice through movement and breath, along with a longer component of stillness meditation. The program consists of weekly 45 minute sessions over the course of one school term.

## Designed for 13 - 17 year olds

This program will further develop a child's skills in the areas of attention, self awareness and social empathy, with a focus on developing a child's ability to manage stress. Each session will incorporate mindful movement and stillness meditation. The program consists of weekly 60 minute sessions over the course of one school term.

\* Custom programs and individual sessions also available



# what teachers are saying about our programs:

"Nicole recently delivered a Mindful Movement program with our preps. The children loved her warm, enthusiastic nature, they responded with pleasure to the sessions and they particularly loved the movements that touched their hearts. Each session saw an improvement in their mindfulness, their ability to do the moves and their enjoyment of the program."

**Julie - Prep Teacher - Murrumbena Primary School**

"The Mindful Movement session for our 5/6 students was a huge success. Nicole's calm demeanour encouraged all students to participate mindfully and the mood with over 100 students in our school hall was unbelievable! The students really settled to create a beautiful, mindful atmosphere."

**Gabby - Grade 5/6 - Murrumbena Primary School**



## Nicole Betts

Nicole Betts is a qualified Mindfulness Meditation teacher, a certified Qigong practitioner, Fitness & Outdoor instructor and Holistic Health Coach. Nicole has experience teaching meditation and mindful movement to people of all ages and levels of fitness, she has also worked with children in both mindfulness, movement and outdoor recreation.

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