



Presents:

Brain Breaks

Body ~ Breath ~ Mind ~ Attention ~ Engagement

Pure Edge, Inc. believes that all educators and scholars deserve to be taught strategies to help combat stress and develop social, emotional, and academic learning competencies with an open heart.

During this interactive session, participants will learn how to present Brain Breaks strategies to students. We will explore and practice a variety of techniques and learn how to adapt these for all ages and optimal integration (e.g., before tests, after lunch, etc.).

All attendees must come in suitable clothing for light exercise

March 12:

1:00pm to 4:00pm

or

March 19:

8:30am to 11:30am

Marin County Office of Education
1111 Las Gallinas Avenue
San Rafael, CA 94903

To Register: <https://brainbreaks.eventbrite.com>

If you have questions, please contact the Education Services Department:

415-499-5870