



Presents:

Brain Breaks

Body ~ Breath ~ Mind ~ Attention

Pure Edge, Inc. believes that work environments will be more effective when staffs learn strategies to help combat stress and develop social, emotional, and academic learning competencies.

Participants will learn:

- Simple and effective strategies to alleviate stress and to calm over-stimulated minds.
- The importance of self-care, specifically in their role as educators.
- How to engage in Pure Edge *Brain Breaks*, 1-5 minutes in length, designed for easy classroom implementations and to promote student focus.

During this interactive session, explore and practice a variety of techniques and learn how to adapt these are all ages, and can also be tailored for specific grade levels.

All attendees must come in suitable clothing for light exercise

Session Dates

October 15, 2019

March 4, 2020

10:00 a.m. and 2:00 p.m

Held At:

Marin County Office of Education
1111 Las Gallinas Ave - San Rafael

Click to Register: <https://bbreaks.eventbrite.com>

Questions: Education Services 415-499-5870