



*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