



Integrated Body Movement

A Clear Minded For Life™ Program

The Integrated Body Movement program is a physical movement practice that facilitates flexibility and builds strength. It helps to bring focus, mental clarity, a sense of calmness and is an excellent natural stress release. The program assists students to develop self-awareness and self-observation through mindfulness practices and supports overall physical, emotional and mental wellbeing. Program participants also report increased relaxation and better sleep.

The Integrated Body Movement program combines a number of different modalities including Indian yoga practices, Taoist teachings and Buddhist mindfulness teachings. While it integrates and draws on a number of practices, there is no religious affiliation or other spiritual teachings incorporated into the program.

The program is simple, safe, fun and easily performed by most students regardless of fitness level or flexibility.

The Integrated Body Movement program is taught in schools in 15-30 minute sessions within the classroom setting. The program helps children connect with their mind through their breath and also brings greater awareness of their body through movement and focus. All of which leads to greater calm, more empowerment of the individual and a set of tools children have for life.

The Integrated Body Movement Program was developed by Yoga Teacher Trainer, Rebecca Passey. To learn more about Rebecca please visit www.bodytosoul.com.au

For more information and to discuss introducing Clear Minded For Life™ to your school please contact mail@clearmindedforlife.org

www.clearmindedforlife.org