

CORNERSTONE 2021 RESOURCE

Moving Mindfulness: Qigong to Start The Day *Start Your Day*

AUTHOR(S):	Natalie Goldfein
TOPIC (S)	Wellness, Mental Health, Meditation
SUMMARY	Begin the day with this wonderful mind-body practice that will center, stretch, energize and empower you. Utilizing gentle movements, breath work, self-massage and guided visualization, enjoy this ancient (made modern) powerful health and wellness practice.
GOALS:	Feel Good Physically and Mentally, Ready for the Day!
AUDIENCE:	Adults and Kids
TIMING:	
APPENDICES:	Contact Natalie Goldfein if you attended and want more information. natalie@nataliegoldfein.com
MATERIALS NEEDED:	
SET-UP DETAILS:	Inside where there is quiet and plenty of space for participants to swing their arms.