

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.

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Here is a very brief listing of the sections of your program and their timing

Example:

- 00:00-00:05 - Introductions, setting group norms
- 00:05-00:15 - Gallery Walk
- 00:15-00:30 - Group Discussion

SESSION OUTLINE:

Please provide a DETAILED step-by-step breakdown of how to run this program based on the timing above

Example:

00:00-00:05 - Session leader introduces session topic and leads group in a round of introductions (name, pronouns, camp, favorite spot on camp). The group creates a group brit & sets group norms on jamboard [link to jamboard].

00:05-00:15 - Session leader leads group in a gallery walk on examples of Jewish text about diversity and inclusion (documents for gallery found in Appendix I). Participants explore the texts on their own while relaxing music plays (you can use whatever you think participants might enjoy!)

00:15-00:30 - Session leader facilitates a group dialogue using the following prompts and reading the room:

- Which text spoke to you loudest?
- Was there a text you fundamentally did not agree with? Why?
- Was there a text that surprised you? How could you explore it further?

BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

Use this space to recommend possible adaptations, modifications, creative twists, or other suggestions.

Example:

In order to best adapt this program for in camp use I would suggest:

- Finding a place with large walls to hang up the texts
- Planting some counselors amongst the texts to observe camper's reactions
- Bringing everyone into a circle for the discussion where everyone can see everyone else



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