

All Ability Wellness

Mindfulness Movement Based Learning



What is Mindfulness Movement Based Learning?

A fun and effective way to learn that combines physical movement with mindfulness practices.

It is based on the belief that the mind and body are interconnected and that by developing awareness and control of one's body, students can also improve their focus, concentration, and learning ability. These exercises can be adapted to suit students of all ages and abilities and are a great way to promote physical, mental, and emotional well-being, and to help students learn and thrive.

Students will learn to wake up their bodies and minds to focus on the present moment.

- Mindfulness breathing techniques: Students will learn to focus on their breath and become aware of their thoughts and feelings without judgment. This can help them to reduce stress and anxiety and improve their focus and concentration.
- Stretching: Students will learn to improve their flexibility and range of motion. This can help to prevent injuries and improve their overall physical fitness.
- Balancing: Students will learn to improve their balance and coordination. This can help them to avoid falls and improve their athletic performance.
- Coordination exercises: Students will learn to coordinate their movements more effectively. This can help them to improve their performance in sports and other activities.

Laura Holland, M.S., LMT, is a Health Educator, Wellness Specialist, and Licensed Massage Therapist who has worked in wellness for over 25 years. Laura owns All Ability Wellness in Stony Brook, NY, where she provides individual and small-group health education classes utilizing a variety of modalities and techniques, including mind-body awareness, mindfulness training, Rhythmic Movement Training™, and Brain Gym™ Activities.



Rates

- 50-minute 1:1 class in office - \$100
- 50-minute 1:1 virtual class - \$100
- 50-minute 1:1 class in client's home - \$175
- 75-minute small group class - \$100

Virtual classes offered on ZOOM or FaceTime
Session length and frequency are determined based on individual client's needs.

**For additional information and to
register for classes please contact us**

www.allabilitywellness.com

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