

move 2 focus

# Foundational Training

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## Foundational Training: Mindful practices to reduce stress, restore physical and mental well-being, and improve classroom engagement

Reduce stress, learn a new mindfulness practice, and restore engaged learning in your classrooms with our fundamentals class. This six-hour practical training is a space for teachers and administrators to give back to themselves with mindful-based movements so they can give back to their students. Together, we'll explore a me-to-we approach to a healthy classroom, inspiring you with practical ways to make yourself a top priority. To do this, you'll learn the basics of Tai Chi and other mindfulness practices that have been empirically shown to reduce stress, improve physical health, boost self-control, and sharpen focus. Finally, you'll learn how to integrate these practices while teaching, revitalizing a joyful, connected, and focused classroom.

### Course Highlights

- 1 Your own daily practice (stretching, breath work & movement)
- 2 Tai Chi 5 Form
- 3 Tools to find an inner calm and prolonged focus
- 4 New perspectives as an educator
- 5 Practical strategies for supporting your students with self control, dysregulation, and anxiety

## Instructor: Rob Owen, M.A.

- 22 years of experience as K-8 classroom educator
- Certified Tai Chi Instructor (Institute of Integral Qigong and Tai Chi) with over 20 years of experience
- Certified personal trainer (ACE)
- Published author (over 25,000 copies sold)  
*Inference Jones, Level 1*  
*Inference Jones, Level 2*

### Details:

**DATES:** 11/4/23 & 11/11/23

**LOCATION:** LIVE ON ZOOM

**TIME:** 9AM-12PM PST

**PRICING:** (use code ISSVEGAS for 40% off)

Individual: \$300

Group: 10 or more \$275 ea

### Course Outline:

**SECTION 1:** Overview

**SECTION 2:** The 8 Active Ingredients of Tai Chi

**SECTION 3:** The 7 Elements of Mindfulness

**SECTION 4:** Implementation & CASEL Standards

**SECTION 5:** Self Practice

**SECTION 6:** Review & Refine

*We empower educators and students to create peaceful, productive, and inclusive classrooms that promote engaged learning, whole-body relaxation, and a lifetime of health and well-being.*

Additional offerings include on site workshops and 1-1 coaching.  
Visit [www.move2focus.com](http://www.move2focus.com) or email [info@move2focus.com](mailto:info@move2focus.com) for more information.