

MINDFULNESS IN MOTION



WITH THEATRE COACH KAREN DE MAURO

MINDFULNESS IN MOTION

How to choose and maintain a point of focus

Ways to build Body Smarts, People Smarts, and School Smarts

Use story and anecdote to increase inner connection to outer information

Learn behavioral tools to identify, express, or contain emotions and opinions

PRACTICAL VISUALIZATION • MIND/BODY BREATHING

RESPECT FOR PERSONAL SPACE • STORY AS A PROBLEM-SOLVING TOOL

PLAY WITH RELATIONSHIP-BUILDING IN COMMUNITY

The ability to focus attention is essential to success in school, life, and the arts. In each session students are introduced to a blend of visualization, guided story, breath and bodywork. Short teaching stories and fables from diverse cultures connect exercises to curriculum content. The workshop gives students tools to cultivate inner and outer awareness, navigate personal and physical space, and build healthy relationships with themselves and others. For example, The Indian Jataka Tale, "Great Joy", addresses mindful problem-solving, and handling aggression; the Chinese story of "The Brave Little Parrot" deals with environmental concerns; and Lobel's "The Dancing Camel" focuses on how to identify personal gifts and interests in the face of opposition.

De Mauro's thirty years of teaching insure disciplined, relevant, creative encounters that combine factual information, story, myth and science in joyful thought provoking ways. Workshops are built around the topic of your choice for four workshops per day. Each session fulfills the NY State Next Generation Learning Standards, aligns with the SEL framework, is age-appropriate, and connected to the curriculum.

FOR INFORMATION CALL: 212-675-6944

**THE ACTING CENTER
421 WEST 24TH ST., #5D
NEW YORK, NY 10011
www.theactingcenter.com**

"Karen is simply the best teaching artist I have seen in any discipline, at any location, at any time." MARC SUMMERS, PhD.