

Mindful Monday Yoga with Amy Zambrano



Every Monday
starting September 14
through December 21

6:30—7:15pm on Zoom

Practice Self-Care from the comfort of your own space for Zen Zoom! No previous experience required! Whether you practice on your mat, chair, or couch, Amy will share with you a variety of tools and techniques to stretch the body and mind to cultivate clarity and calm for self-care!

- Increase strength, balance and flexibility, both physically and mentally.
- Learn breathing exercises and relaxation techniques that can be used in- and-out of the classroom to benefit yourself, students, and families.
- Connect Social Emotional Learning activities for your daily routine Brain Breaks to practice **SELF**-Care anywhere.

Together, participants will move, breathe, and create community and connection among our districts!

Call your Partnership Health Center to register and receive the Zoom link to start your week with Mindful Mondays!



54 Washington St.
Toms River, NJ 08753
(732) 505-0213