

### Classes

Weekly classes offer students the best opportunity to benefit from the program. Regular practice provides the greatest change that students will apply their mindfulness skills in their daily lives. What you practice grows stronger! Students continue to learn and solidify their ability to utilize mindfulness skills and have a set time to slow down and find their balance each week. Parents of children who participated in our Dancing Mindfulness classes reported that their children were noticeably calmer, more sensitive to those around them, and happier when they picked them up from the class each week!

### Workshops

Workshops offer a great introduction to dancing mindfulness! Children and teens get to create their own mindfulness object such as a glitter jar or mala bracelet to take home and use as a tool for mindfulness practice.



Glitter Jar



Mala Bracelet



### FAQ

#### Is this just for dancers?

Not at all! We are all dancers at heart! Many children and teens love to dance around their room or the house and find enjoyment in music. This is a great way for them to dance and learn strategies to improve their general wellbeing and dance for pure enjoyment!

#### Is this only for children and teens with mental health difficulties?

This class is for everyone! Every child can benefit from this class, and teaches tools that can be used with common life stressors and to improve their general sense of wellbeing, not to mention the physical health benefits!

#### How to join?

Register in 3 month sessions for \$45/mo plus taxes with an annual registration fee of \$25 (GST incl). Workshops are between \$20-\$30.

Visit our website to register online

[www.BalletnAllTHATJAZZ.com](http://www.BalletnAllTHATJAZZ.com)



#7 - 184 South Industrial Drive, Prince Albert  
(306)960-3684 - text messages welcome!

Email: balletnallthatjazz@gmail.com



## Dancing Mindfulness

Enjoy a truly unique and fun dance experience - Dancing Mindfulness. Dancing Mindfulness teaches us to choose our emotions and thoughts, and to enjoy the present moment. These classes will teach mindfulness strategies for wellbeing in daily life and use dance as mindful movement, one of many ways to experience mindfulness!



### The Mindfulness

Mindfulness teaches us how to live in the moment. Students learn simple mindfulness strategies that they can use at school, home or any situation they would like to pause a moment and find their inner balance and centre. These strategies are invaluable as children move into the teen years - one of the most stressful periods of life - and into adulthood. Learning mindfulness skills at a young age increases the likelihood that children and youth will use these skills in everyday life.

### The Dancing

Students will learn basic dance skills including rhythm, self-awareness (body awareness), coordination, simple social dance and creative dance. Dance has the power to heal, centre and ground us, and provides an opportunity to experience and practice mindfulness.



RELAX  
RELAX  
RELAX!

# MINDFULNESS

FORGIVE  
FORGIVE  
FORGIVE



## Benefits of Dancing Mindfulness

A large growing body of academic research has demonstrated numerous benefits of practicing mindfulness! Dance adds many additional benefits, as well! Visit our website for more details on the many potential benefits of Dancing Mindfulness classes.

### Social & Emotional Well-Being

Positive impact on mood, self-esteem, emotion regulation, social skills and compassion. Very effective for depression, anxiety and other mental health challenges.

### Physical

Mindfulness can help with sleep, boost immune function and cardiovascular health, and can help with chronic pain and physical ailments. Dance increases coordination, range of motion, flexibility, body and spatial awareness and strength!

### Academic

Benefits academic performance, focus, attention, concentration, improves memory, cognitive function, reduces performance/test anxiety and more!

### Brain Benefits

Slows the emotion centre of our brain, calms overactive mind and develops focus and decision-making skills.

### Slowing down

Quiets the mind, facilitates a sense of calm and helps students feel their best.

### Behavioural

Reduces emotional outbursts, aggressive behaviour, hyperactivity and impulsivity.