

Sponsored by Cabrini University's Center for Global Learning, in partnership with
Cabrini's School of Education & graduate programs in Education at Bard College Annandale-on-Hudson

Moving through the World: Mindful of Our Bodies, Mindful of Our World

Tuesday, November 15 from 5:00-6:00pm

Mansion Dining Room at Cabrini University or virtually at <https://cabrini-edu.zoom.us/meeting/register/tZUtdeqopjsjHtOQ78VaS85Moaf1UEXV1kz8>

Learn simple and basic exercises to guide your attention, balance your body, and improve your mental-physical awareness, so that knowing yourself better, you can work more compassionately with your students and in your wider communities.

Deepen your understanding of dynamic relaxation while balancing yin and yang in your body structure and within your body's natural limits.

Recognize how to allow your body to coordinate with itself, gravity, and the conditions of the moment, to refine your attention and merge with the present moment in changing environments and conditions.



Partners for
Campus-Community
Engagement

Grant funding comes from Partners for Campus-Community Engagement (PCCE)

For any questions, please feel free to contact Dr. Nancy Watterson 610-902-8402, nlw724@cabrini.edu



*Master of Practice, Mr. Rich Kelly,
Dr. Nancy Watterson, and
Sifu Lan Tran, Instructors in the art
of Zhong Xin Dao/I Liq Chuan:
Martial Art of Awareness
www.iliqchuan.com*



Also available via zoom: <https://cabrini-edu.zoom.us/meeting/register/tZUtdeqopjsjHtOQ78VaS85Moaf1UEXV1kz8>