



# Mindful Movement for Music Therapists: Using Yoga in Sessions and Self-Care

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AMTA17 CMTE ~ Thursday, November 16, 2017 ~ 1:30-6:30pm

View and/or download the slides from today's presentation at  
<http://joyfulnoisesllc.com/links.html>

## Action Items

How will you incorporate yoga principles more intentionally into your sessions and self-care?

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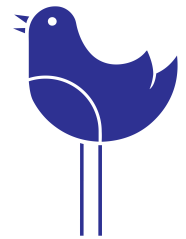
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Please follow us on Facebook, Twitter & Instagram (@JoyfulNoisesLLC).  
If you have any questions or comments, please contact me.

(Special thanks to Julie Palmieri of Serenade Designs for this handout format!)

## Schedule

Welcome ~ Experiential Mindfulness Exercise  
Introductions/Goal & Objectives  
Presentation of Material & Discussion ~ History, Appropriation & Research  
Experiential Yoga Practice  
Break  
Small & Large Group Sharing ~ Mindful Movement for Self-Care  
Presentation of Material  
Small & Large Group Sharing ~ Mindful Movement with Clients  
Presentation of Material  
Break  
Experiential Drishti Exercise  
Experiential Breath Work  
Experiential Grounding, Alignment & Expansion Practices  
Break  
Experiential Session ~ Yoga with Adults  
Experiential Session ~ Yoga with Older Adults  
Experiential Session ~ Yoga with Drumming  
Adaptations for Other Ages & Populations  
Restorative Yoga/Guided Relaxation  
Questions/Feedback Form & Course Evaluation  
Break/Transition



Please be mindful of your own self-care today!  
Use the restroom, hydrate, snack, stretch, and do what you need to do  
to take care of yourself during our time together!

## Drishhti Exercise

What is your focal point? \_\_\_\_\_

\_\_\_\_\_

Who supports you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can you support others? \_\_\_\_\_

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Space to doodle your drishhti...

