



# Mindful Movement for Music Therapists: Using Yoga for You AND Your Clients!

Jennifer Hicks, MT-BC, RYT

AMTA CMTE N ~ November 10, 2016 ~ 1:30-4:30pm

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

## Action Items

How will you incorporate movement more intentionally into your personal & professional practices?

---

---

---

---

## Notes

More space for notes & doodling is available on the back of both pages!

---

---

---

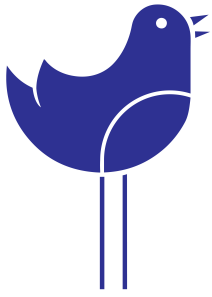
Please follow us on Facebook, Twitter & Instagram (@JoyfulNoisesLLC)!  
If you have any questions or comments, please contact me!

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

Joyful Noises LLC  
13228 Spencer Sweet Pea Lane  
Eden Prairie, MN 55347

[www.JoyfulNoisesLLC.com](http://www.JoyfulNoisesLLC.com)  
[jhicks@joyfulnoisesllc.com](mailto:jhicks@joyfulnoisesllc.com)  
952.913.8675





# Movement for Music Therapists: Using Yoga for You AND Your Clients!

Jennifer Hicks, MT-BC, RYT

AMTA CMTE N ~ November 10, 2016 ~ 1:30-4:30pm

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

## Schedule

1:30pm	Welcome/Introduction/Goal & Objectives
1:50pm	Presentation of Material: History/Research Foundation
2:00pm	Yoga Practice
2:20pm	Break
2:30pm	Movement: Drishti Exercise
2:40pm	Discussion: Movement for Self-Care
2:50pm	Presentation of Material: Movement for Self-Care
3:00pm	Discussion: Movement with Clients
3:10pm	Presentation of Material: Movement with Clients
3:20pm	Break
3:30pm	Experiential Session: Yoga with Singing/Reminiscence
3:40pm	Experiential Session: Yoga with Drumming
3:50pm	Other Applications
4:00pm	Discussion/Questions
4:10pm	Restorative Yoga/Guided Relaxation
4:20pm	Feedback Form & Course Evaluation

## Drishti Exercise

What is your focal point (core value)? \_\_\_\_\_

What is the focal point (core value) for your clients? \_\_\_\_\_

Who supports you in your personal & professional practices?

\_\_\_\_\_

How can you support others in their personal & professional practices?

\_\_\_\_\_

