



UKEE RECREATION RECREATED

Week 6 Theme: Calmness



Instructor Peek

Vickie Ackerman is a trauma informed yoga teacher and Women's Outreach Worker for Westcoast Community Resources Society. She offers weekly meditation & movement classes. If you are interested in joining, email Vickie at womensoutreach@wccrs.ca

PHYSICAL CHALLENGE

This week, Instructor Vickie Ackerman has put together a series of mindful movement practices for you to enjoy at home. Drawing from the foundations of yoga, Vickie offers a 40-minute class as an invitation to reconnect with your body in a mindful and healing way. Experience your breath during fluid movement, gentle holding of shapes as well as a short mindful relaxation. If you're feeling extra motivated, give her second class a go!

WELLBEING CHALLENGE

This week's wellbeing challenge is to follow a guided meditation with Vickie. Mindfulness is paying attention to the present moment experiences with openness, curiosity and a willingness to be with what is to promote relaxation, health and wellbeing. All you need is a comfortable place to sit for these short breath, body & sound guided meditations.

Meditation 1 - Body

Meditation 2 - Breath

Meditation 3 - Sounds

FITNESS TIP

While you're watching TV this week, get down on the ground and do some stretches instead of slouching on your couch! Stretching can improve your posture, relieve stress and calm your mind. For inspiration, check out [Yoga with Adriene](#).

FUN RESOURCES

[The Benefits of Meditation](#) - A 'how to guide'

Colouring to Calm Down - [Pages found here](#)

[Pressure Points for Relieving Anxiety](#).

Social Distancing Song of the Week: All By Myself - Celine Dion

