

Course Title: Mindful Movement & Nourishment

Course Description:

This course is designed to integrate the principles of mindful movement and nourishment, fostering a balanced approach to physical, mental, and emotional well-being. Students will explore mindful movement practices while focusing on the body's sensations, maintaining proper form, and connecting to the breath. Alongside movement, the course emphasizes mindful eating and the connection between food and mental, emotions, physical and spiritual health, offering practical tools to make mindful, nourishing choices. Through guided exercises, reflective journaling, and group discussions, participants will deepen their understanding of how mindful movement and intentional nourishment work synergistically to enhance overall health and vitality. Whether you're looking to reduce stress, increase energy and strength, or develop gratitude and/or a healthier relationship with your body and food, this course provides the foundation for a more conscious, balanced lifestyle.

This course is catered around fitness and nutrition, but also is created to help one add intentions, daily fitness/movement, and nutrition into their everyday routine without feeling overwhelmed. There is a small number of students for this course so that we can foster trust, everyone build their own accountability community, and truly form a habit with the intention of making it apart of your lifestyle

Key Topics:

- Importance of Analyzing Your Fitness Journey, Your Eating Habits, Your Purpose, and Goals
- Discipline and Consistency
- Body Awareness and Presence
- Principles of Mindful Eating, Intuitive and Intentional Nutrition
- Managing stress and Emotional Health Through Movement and Nourishment
- Creating a Personalized Wellness Routine, Including Exercise, Meal Plan, and Alone Time
- Cultivating a Balanced Relationship with Food and Body Image

Target Audience:

Beginners. Anyone interested in improving their physical health, mental clarity, and emotional well-being through mindful movement and conscious eating. No prior experience in movement practices or nutrition is required.

