

CiTi BOCES presents



SELF-CARE SATURDAYS

TAKE CARE OF YOU SO YOU CAN TAKE CARE OF OTHERS

UPCOMING DATES:

FEB. 9

APRIL 6

JUNE 8

Register Online via My Learning Plan
CITIBOCES.ORG/ISS



REPLENISH

Our work in this caregiving field offers many challenges and sources of stress, physically, mentally and emotionally. Our own self-care is vital to maintaining our health and wellness and our ability to keep on supporting those who need us ~ at school and at home. As a line from Shakespeare's Henry V states, "Self-love, my liege, is not so vile a sin/As self-neglecting." Join us for this opportunity to nurture your mind, body and soul and replenish the well.

FEBRUARY 9

Agenda

- 8:30 – 9:00 Welcome & Opening Rituals
- 9:00 – 10:30 Peaceful Painting ~ *Julia Hanson*
- 10:30 – 10:45 Transition
- 10:45 – 11:30 Mindfulness Meditation ~ *Liane Benedict*
- 11:30 – 12:15 Lunch & Chakra Bracelet Making
- 12:15 – 2:15 Tai Chi and QiGong ~ Geoff Baer
- 2:15 – 2:30 Closing Ritual





SNACKS

Healthy snacks will be provided.

DRINKS

Coffee, tea and water available.

COST

Fee for the day: \$50 for component districts, \$65 for non-component districts.

PEACEFUL PAINTING

Cultivate your inner artist! During this experience, we will be creating a peaceful outdoor winter scene, while sipping warm beverages and enjoying lighthearted conversation.

"We are head over heels for Miss Handstand," says Liz, 31.

"...Crazy, mad scientist," says Kayley, 12.

"As a child, I never enjoyed art," says Wilcox, 45. "As an adult, I now enjoy art with Miss Hanson."

Julie Hanson



Julie is a second-year Visual Arts Teacher. Her goal is to bring art into the lives of as many human beings as possible. An art experience brought to you by Julie is definitely unique. She believes herself to be loud, goofy and a bit of a mess. But she hopes that under her instruction, individuals will feel empowered and proud of the pieces they create.

MINDFULNESS MEDITATION

A concern for cultivating the well-being and happiness of the whole person in education is not a modern invention. Aristotle is reputed to have said that "Educating the mind without educating the heart is no education at all." By embodying mindfulness, centeredness and a sense of calm, educators can significantly impact the learning environment for their students. We can model this way of being for students through our very presence. From here, we can begin to see a shift in the way learning and connection occurs in the classroom. Liane will offer instruction in some of the basic elements of mindfulness meditation so that we can begin to grow our practice, for the benefit of all.

Liane Benedict



Liane is the Staff Development Coordinator at CiTi. Her passion and her work center around mindfulness and embodied learning. Her goal is to serve and support others as they transform their inner lives. She is currently participating in a year-long training with Daniel Rechtschaffen, Linda Lantieri and Meena Srinivasan ~ Transformative Educational Leadership in Mindfulness-Based Social Emotional Learning. In January, she will embark on a two-year journey with Tara Brach and Jack Kornfield leading to certification from UC Berkley in Mindfulness Meditation.

TAI CHI AND QIGONG

Geoff will get us up and active almost immediately to actively circulate, then cultivate, our individual and collective Chi! He will give subtle, yet strong prompts through movement for each exercise related to breathe-work, balance (weight shifting) and silk reeling. You will leave the hour with a strong sense of what Qigong and Tai Chi is and how to apply it daily in your own practices.

MORE ABOUT GEOFF

Geoff has studied through the Center under Dr. Yang Yang. Yang is one of the “4 Dragons of Chen”, and is known as one of the world’s first research scientists to study as well as teach this most demanding, Chen Style, of Taiji & Qigong. Geoff teaches Taiji & Qigong classes locally, as well as areas of wellness, addictions and emotional health at SUNY-Oswego in addition to co-owning a Counseling in Mental Health Therapy agency.

Geoff Baer



Geoff Baer is a holistically trained and multi-disciplinary counselor. He started doing yoga at the Oswego YMCA eight years ago and continues to expand his practice in all aspects of wellness; including being one of a new, elite generation of certified Taiji/QiGong instructors through a highly prestigious institute located in NYC called the Center for Taiji/Qigong Studies. He has studied for the last five years in-depth at the famed Kripalu and Omega Institutes and participated in intensive training on connective tissue/anxiety release, trauma (PTSD) relief and individual physical therapy regimes.

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Stay tuned for more Self-Care Saturday dates!



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