

# My Mind, My Movement™

A Yoga, Pilates, and Mindfulness Program for Dance, Cheer, and Gymnastics Teams

A SoulSpeak™ Program by Caren DeCesaris

Carendecesaris.com

The My Mind, My Movement Program™ Uniquely Incorporates Mindfulness & Core Strengthening Practices into Training, *to Amplify Training & Results.*

## A Competitive Addition to Training

Dance, cheer, and gymnastics are three forms of extreme body movement. For these sports specifically, it is important to **develop balance, stability, and strength** – not only in the body but *also in the mind*.

Forming a strong mind-body connection in these sports is a game-changer. Each athlete WILL gain even more control of their own body by routinely practicing mindful habits through the My Mind, My Movement Program. Each athlete will discover new levels of:

- Body consciousness
- Comfort in their own skin
- Mind-body-breath movement integrated into their routines and movements
- CONTROL of the mind during training – releasing self-criticism and judgment
- Release of comparison or judgment towards teammates

## My Mind, My Movement™ Missions

- ♥ **Allow** a space for growing women to connect with and learn about themselves
- ♥ **Remind** each young woman of her importance and beauty - instilling these lessons at a young age
- ♥ **Provide** a FUN and result-driven addition to work along with dance, cheer, and gymnastics training.

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# The Body of The Program

## 1. Yoga

### Yoga for Stretching & Flexibility

Poses are held for a good length of time while incorporating breath work and deep “restorative” stretches, improving flexibility and mind consciousness. This provides a space to detoxify the body & slow the mind by focusing on alignment, the release of tight muscles, and breathwork.

### Vinyasa Yoga Flow

{Vinyasa: “Breath Synchronized Movement”} These flow-based movements create strength, balance, stability, and a mind & body connection for both short and long-term benefits. This is a challenging yet gentle experience that moves each part of the body and brings stillness to the mind.

## 2. Pilates

### Classic Mat Pilates

A practice that sculpts, tones, and creates strength in the body. Mat Pilates is all about sharp, tight movements combined with specific breath work. Pilates movements improve balance and stamina while focusing on the core in every movement.

## 3. Intuitive Body Movement

**Intuitive body movements** will be incorporated into the curriculum - allowing each athlete to connect with her own body, in her own way. Intuitive movement is a meditative concept and has miraculous benefits when given time to do.

## 4. Meditation

**Meditations** are done in every session during the program. These are one of the most vital pieces of the curriculum – athletes will be introduced to breathwork and guided/non-guided meditations where benefits will be shown in training and competition (& [their own lives](#)).

## 5. Mindfulness Activities

### Journaling

Journaling activities will be incorporated into the program experience. This is yet another practice to help deepen the connection each athlete has with themselves, and to seal in the other pieces of the program. **Supplies included\***

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# The Program

## Option 1

Six Week Session Program – One Session/Week

## Option 2

Ten Week Session Program – One Session/Week

Each session is **75 Minutes long**. Program curriculum is structured to sequentially integrate each of the above program pieces.

\*Program changes may be discussed depending on goals for your team

<i>Session</i>	<b>1-10</b> Individuals	<b>11-20</b> Individuals	<b>20-30</b> Individuals
<b>Six Week Option</b>	\$300/Week	\$600/Week	\$900/Week
<b>Ten Week Option</b>	<b>\$240/Week</b>	\$480/Week	\$720/Week

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# About Caren

Caren has always loved the art of body movement - in any form. She believes it is beautiful how a body can point, flow, jump, stretch, you name it. Caren was a gymnast for 10 years of her life and began doing Pilates at the age of 15.

- 200 Hour YTT
- Certified Groups Fitness + Pilates Instruction
- Mind-Body + Self-Relationship Coach

*"I light up when I can create and share these fun & energizing practices with others! To me, sharing these practices goes hand in hand with helping others to fall in complete love with themselves and their bodies. Personally, having a history of eating disorder, I want nothing more than to help every young woman steer away from judgment and comparison.*

*I have learned how important it is for the mind and body to be connected. I am so excited to start this journey with you and your team. Thank you for allowing me to share my passions along the way! **I can not wait to see what your beautiful team gains from this.**" ♥*

XO, Caren

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