



ENERGY FLOW SERIES

5 TEN MIN VIDEOS

A fusion of mindfulness, movement & creativity. Perfect for at home, or in the classroom.

EMPOWERING PRACTICES

- Quick, easy & effective. All you need to do is hit play.
- Digital video files that can be shared with teachers and students in google drive.
- Promotes positive mental health and resiliency.
- Cultivates: strength, flexibility, balance, imagination, play, self expression, focus and self awareness.



School Pricing *Purchase to own, unlimited usage. School wide distribution.

\$ 125 /video
or
\$ 500 for all five videos

*Save 25% if purchased for board wide distribution.

A FUN APPROACH TO PHYSICAL, MENTAL AND EMOTIONAL WELL-BEING!