

# WELLNESS PROGRAMS FOR EDUCATORS



The Inner Space



## Overview

Teachers, guidance counsellors, administrative and other staff deserve a break too, and a chance to focus on their own health and wellness. Perfect for professional development days or teacher appreciation events, The Inner Space Wellness Programs for Educators are tailored for adults in an educational setting.

Tanya Porter personally facilitates each workshop and teaches valuable techniques for improving and maintaining physical and mental well-being.

Educators can choose one of the following themes for a single session, or combine themes for a longer workshop:

- gentle yoga
- mindfulness
- introduction to meditation
- Rhythmic Re-framing, which is a marriage of mindfulness, affirmation and vibrational healing through drumming – **SEE MORE ON PAGE 2**

## Benefits for teachers:

- refresh and regroup while being guided through a replenishing and gentle practice
- develop tools to support personal wellness within the demands of the classroom
- learn techniques to develop a personal practice for wellness beyond the classroom
- experience breathing techniques to balance and regulate energy, and to release and recharge.

## Audience:

All educators and staff

## Duration:

60-75 minutes per session;  
can combine sessions for a half-day workshop

## Cost:

\$18 per teacher per session  
(a minimum of \$200)

## Contact:

For questions or to book, please contact Tanya Porter

- Tanya@theinnerspace.ca
- (647) 891-2805

**[www.theinnerspace.ca](http://www.theinnerspace.ca)**

# Team Building Events for Educators

## Rhythmic Re-framing

Rhythmic Re-framing is an integrative program and wellness system that combines rhythm, drumming, language and mindfulness. It is both powerful and playful and awakens participants to their highest potential.

No musical background or experience is required.

To get a quote or to inquire, please email [Tanya@theinnerspace.ca](mailto:Tanya@theinnerspace.ca)

or call (647) 891-2805



### Team Building at Schools

Give the teachers and staff an energizing, fun and interactive experience that uses hand drums, percussion and/or body percussion!

Group drumming is a powerful and ancient practice that creates a harmonious unification of community. It instantly grabs full attention of the mind, thereby developing concentration and focus.

Each event is a custom designed program that incorporates the school's objectives for the event.

Tanya Porter facilitates the workshops, and all drums and percussion will be provided.

### Benefits of the Program

The Participants are led through a series of rhythmic games and ensemble pieces that will:

- Explore how to stay present and engaged in each moment
- Build community and create a sense of connectedness
- Explore the nature of leadership and support
- Strengthen listening, expression and responding
- Explore how leaving space for each other strengthens the whole
- Explore how to hold calm and grounded energy in the face of intensity
- The nature of positive thinking and its impact
- Induce relaxation, vitality and JOY!

"It was a privilege to work with Tanya and her team on our staff event. They were organized, accommodating and very professional. The positive energy and attitudes that the Drum class provided to our group was amazing. Everyone was excited to participate and took away a better appreciation of working together." - Kathryn Webber, vivaNext