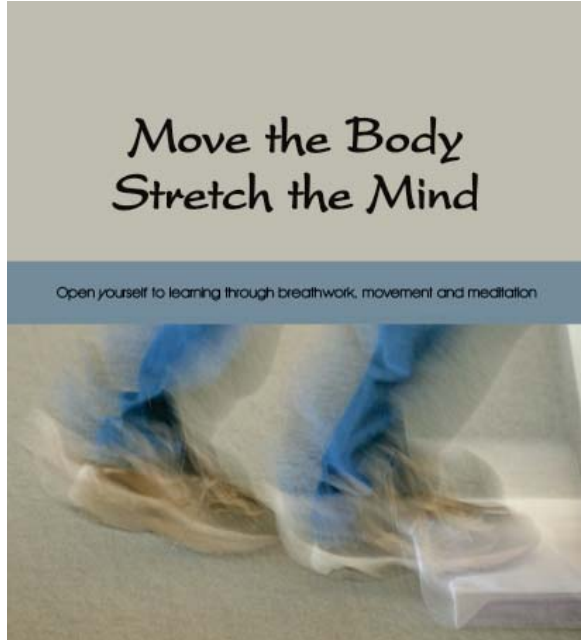


Move the Body Stretch the Mind

Open yourself to learning through breathwork, movement and meditation
By Judy Murphy. Windsound Learning Society.



Move the Body Stretch the Mind invites adult learners and teachers to prepare our whole self—mind, body, spirit and emotions—for learning. Drawing on her experience as an adult educator, yoga teacher, and lifelong learner, the author explains how the mind and body interact to support—or get in the way—of learning. She provides step-by-step instructions for breathing, movement and meditation activities to help us ground, release tension, energize, and focus.

The activities in the book can be done on our own or with a group, at our desks or during a break, in class, at work or at home. Developed with adults in literacy and community learning groups, the activities require no prior experience or special equipment, and can be done standing or sitting.

You may order copies of Move the Body Stretch the Mind for \$20.00 each plus shipping. To order a single copy, complete the form below and send it with payment to Windsound Learning Society, PO Box 4293, Edmonton, AB, T6E 4T3. To request two or more copies, or to order from outside Canada or the USA, send an email to windsoundlearning@gmail.com. Indicate how many copies you want and include your mailing address. We'll let you know the shipping cost.

Windsound Learning Society thanks The Edmonton Community Adult Learning Association for funding and support to develop and publish this book.

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