

# Teaching the new Physical Education and Wellness Curriculum through the Lens of Mindfulness and Yoga

**PRESENTED BY**

**Jenna Galloway - Founder & Managing Director of Wymbin, Angela Hockley & Jaclyn Heenan**

**SERIES SESSIONS**

Date	Time
April 19, 2023	6:30 PM - 8:00 PM

**LOCATION**

**Wymbin Inglewood Studio - #50, 919 9th Ave SE (Downstairs from Junction 9 Yoga & Pilates)**

**FEE****\$0.00****QUESTIONS?**

Contact Us:  
[register@crccd.ab.ca](mailto:register@crccd.ab.ca)  
[403-291-0967](tel:403-291-0967)

**REGISTER ONLINE**

Visit our website to register:  
[crccd.ab.ca](http://crccd.ab.ca)

## Program

Target Audience: K-6 teachers are encouraged to attend.

Wymbin is proud to partner with the Calgary Regional Consortium (CRC) to offer a workshop designed to support educators in integrating the new wellness curriculum into their daily classroom practice through mindfulness, movement, and mental health based activities.

This FREE 1.5 hour workshop provides tangible tools that connect the new Alberta Wellness Curriculum to evidence-based classroom outcomes. The workshop takes the lens of both supporting the student and supporting the educator. We will look at practices that integrate yoga, meditation, mindfulness, self awareness, and social-emotional regulation into our daily practice to build community, capacity and competency in our schools.

Workshop participants should bring a journal/ writing materials to take notes, wear comfortable stretchy clothes, and can bring their own yoga mat and/or cushion to make their experience more comfortable.

## Presenters

**Jenna Galloway - Founder & Managing Director of Wymbin**

Born in Perth, Western Australia, Jenna moved to Calgary, Alberta when she was 12 and has taken advantage of the supportive community and entrepreneurial growth opportunities within the province to create upstream approaches to health for young people. Jenna is the Founder and Managing Director of Wymbin, a youth wellness and education studio located in Inglewood, Calgary. The studio offers a Licensed Preschool & Kindergarten program, camps, and offerings that support families in allowing their children to thrive during the most crucial developmental years. Wymbin provides comprehensive school wellness programs and professional development opportunities to schools and organizations in Calgary. Wymbin also has developed a Yoga Alliance recognized Teacher Training Program and has trained over 800 instructors throughout North America. For more information please visit [www.wymbin.com](http://www.wymbin.com). After 10 years of experience within the health, education, and wellness industries in Calgary, Jenna identified a gap in the market where Education Technology can be used in a preventative approach to building capacity in young students ages Kindergarten to Grade 3. She is currently working with a team to develop an EdTech platform that can be used at home and in school settings that will build social-emotional competency and functional capacity within young students so that they can face the challenges of daily life with resilience and the 'tools' they need. For more information, please visit [www.fledge.health](http://www.fledge.health).

### **Angela Hockley**

Originally from Nova Scotia, Angela has always had a passion for teaching, facilitating and helping others. After completing her Bachelor of Arts (English Major) in Halifax, her passion for travel took her to South Korea to teach for two years. Her travel didn't stop there, her next stop was Australia, where she completed her Bachelor of Education (Primary). She found her way back to Canada where she taught in both public schools and an ESL school in Halifax. Her ESL experience took her to Ottawa to manage a school there. Roughly a decade ago, she continued her adventure across Canada to Calgary. Here, she started as an ESL teacher and then moved back to public school. Through her teaching position, she saw that youth were struggling with anxiety and emotional regulation. She decided to complete her 200 Hour Yoga Teacher Training and 95 Hour Youth Yoga Teaching Training in order to bring the healing medicine of yoga to her school. She is currently a Humanities and Wellness & Yoga teacher on an extended maternity leave. During this extended leave, she has been working at Wymbin in their Mind and Move program as well as teaching pre and postnatal yoga at Junction 9.

### **Jaclyn Heenan**

BA Psychology  
Primary Care Paramedic  
Youth Yoga Teacher

Mind + Move educator Jaclyn is a multi-passionate individual with a goal to merge her experience working as a first-responder with her passion for mental health and wellness. Originally inspired by her older brother with autism, Jaclyn pursued a degree in Psychology at the University of Victoria and worked as a behaviour therapist with children with autism. She later branched out to work with youth in both group home and correctional settings. While working in these environments, she witnessed the effects of early trauma, substance misuse, mental health disorders and other intersecting factors leading to so many individuals becoming "lost in the system". In 2019, Jaclyn became a Primary Care Paramedic and subsequently worked in isolated indigenous communities as well as metro Calgary. Although this role gave her a sense of purpose, Jaclyn felt that she was meant to do more within the mental health sector. This led Jaclyn to complete her Youth Yoga Teacher training and begin working as a Mind + Move educator with Wymbin, teaching mindfulness and grounding methods to youth. She is now completing her 200 hour yoga teacher training so she can use these same methods with adults- specifically those facing acute stress in their daily jobs. She hopes that she can share her knowledge and experience to help you find tranquility- no matter where you find yourself in the storm.



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