

Mitch Hall is inviting you to a scheduled Zoom class:

Mindful Movement for Wellness and Peaceful Flow

**Saturday, 10:45 AM to 11:45 AM (Pacific/US & Canada)
A Weekly Series**

Description

Join in the joy of mindful, heart-centered, gentle, meditative movement. With over 50 years of experience in this field, I teach students of all ages practices to help you slow down, relieve stress, harmonize body, breath, and awareness, and cultivate energy, awareness, balance, mobility, coordination, gracefulness, presence, peacefulness, self-compassion, self-regulation, and more.

Pricing:

Sliding scale—\$10 to \$20 per class, according to your financial comfort.

Payable before the start of class to either PayPal or Venmo:

Mitch's PayPal account:

Name: Mitchell Hall

Email: breathepeacefully@me.com

or

mitch.peace@gmail.com

Mitch's Venmo account:

Name: Mitch Hall

Username: Mitch-Hall-17

Email: breathepeacefully@me.com

Join Zoom Class

<https://us02web.zoom.us/j/5107085296?pwd=WWVTTUx2T1E5djN5amV1WIRTKzVoQT09>

Meeting ID: 510 708 5296

Passcode: Wellness

One tap mobile

+1 669 900 9128

Students' Testimonials:

“Mitch is sensitive in helping individuals who may have an existing source of strain or injury avoid anything that might be painful. Mitch has a deep understanding of anatomy, physiology, and of the traditional non-

Western *chakras*, yoga, *qigong* movements. But what is most important is his personal presence. He radiates caring; he uses easy humor and rhymes and sometimes shares anecdotes from his rich life dating back to his work in the Peace Corps. He occasionally shares glimpses of his current activities for peace at every level. Mitch has made the transition to lead groups from his home through Zoom. I leave his class feeling relaxed and energized. I have recommended his classes friends who have thanked me.” (MP, PhD)

“These classes were an essential part of my recovery from a stroke. They are physically, emotionally, and mentally stimulating. Part of this comes from his many years of yoga, qigong, and studies of neurological science. And he has a caring and calming nature. Finally, he is great at adding or modifying routines to help with particular body issues.” (SW)

“This class is a revelation. It provides movement exercises that can be done sitting, standing, or both. I have been practicing many of them between classes, especially on days when I need to sit at my computer for hours. I am especially impressed with how mindful breathing can connect all of the movements. Mitchell is an excellent teacher who draws upon his rich background in Yoga and the Chinese martial arts. His user-friendly instruction is combined with an inviting presentation and the occasional use of percussion instruments. The latter serve as exclamation points that anchor the demonstrations.” (SK, PhD)

“Join Mitch Hall in this wonderful, mindful movement class. Mitch’s life experiences have helped him create his unique brand of movement and exercise. You may choose to be seated, on mat or chair, or standing. Mitch clearly instructs and adjusts all movements to meet the individual needs of his students. He draws upon over five decades of study and practice, as well as teaching, of Yoga, Tai Chi, Qigong, meditation, and contemporary modalities. His form of movement is a fun and easy way to relieve stress in these difficult times, soothing your soul with meditative practices, while benefiting you physically by enhancing balance, flexibility, strength, and increasing energy. Mitch seeks to customize each class to meet students’ needs. He is known for his gentle spirit, soothing manner, warmth, humor, humility and caring nature...” (LLL)