

## GACE VIRTUAL CONFERENCE

### *Rejuvenation Activities*

#### **The Art of Mindfulness**

[HTTPS://INSIGHTTIMER.COM/STRESSFIT/GUIDED-MEDITATIONS/THE-ART-OF-MINDFULNESS](https://insighttimer.com/stressfit/guided-meditations/the-art-of-mindfulness)

#### **Gratitude and Growth**

[HTTPS://INSIGHTTIMER.COM/THE SPIRIT DOCTOR/GUIDED-MEDITATIONS/GRATITUDE-AND-GROWTH](https://insighttimer.com/thespitdoctor/guided-meditations/gratitude-and-growth)

#### **Mindful Breathing**

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=SEFS5TJZ6NK](https://www.youtube.com/watch?v=SEFS5TJZ6NK)

#### **Dynamic Breathing**

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=XKJSQM4M4FE](https://www.youtube.com/watch?v=XKJSQM4M4FE)

#### **Body Scan**

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=QS2YDMWK0VS](https://www.youtube.com/watch?v=QS2YDMWK0VS)

#### **Progressive Muscle Relaxation**

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=CLQPTWZOZXS](https://www.youtube.com/watch?v=CLQPTWZOZXS)

#### **Recentering in Times of Uncertainty**

[HTTPS://INSIGHTTIMER.COM/ALEX\\_ELLE/GUIDED-MEDITATIONS/RE-CENTERING-IN-TIMES-OF-UNCERTAINTY](https://insighttimer.com/alex_elle/guided-meditations/re-centering-in-times-of-uncertainty)

#### **10-Minute Gratitude Practice**

[HTTPS://WWW.MINDFUL.ORG/A-10-MINUTE-GRATITUDE-PRACTICE-TO-NOTICE-SHIFT-AND-REWIRE-YOUR-BRAIN/](https://www.mindful.org/a-10-minute-gratitude-practice-to-notice-shift-and-rewire-your-brain/)

#### **Offering Loving Kindness**

[HTTPS://WWW.MINDFUL.ORG/GUIDED-MEDITATION-OFFERING-LOVING-KINDNESS-TO-YOURSELF-AND-OTHERS/](https://www.mindful.org/guided-meditation-offering-loving-kindness-to-yourself-and-others/)

#### **Low Impact Body Weight Workout with Diamond Hunnicutt**

JOIN DIAMOND FOR A 25 MINUTE LOW-IMPACT WORKOUT TO GET YOUR BODY MOVING BEFORE CONFERENCE STARTS!

MAY 26 & 27TH AT 7:00AM

PERSONAL ZOOM MEETING ROOM: 989 632 2852

PASSCODE: 2021