

# **Exercise and Movement**

**Toning and Exercise**

**Meditation**

**Yoga**

## **Toning and Exercise**

**Activity:** To lead Toning and Exercise classes from 11:30 until 12:15 in Brookfield for interested Conferees Monday thru Friday mornings.

**Responsibilities:**

### **Off Island:**

1. Create routines that will allow people of very different fitness levels to participate.
2. Obtain music to play during class. Conference Services has a CD player.
3. Send statement to “*Boat News*” editor hyping the exercise sessions, and so people bring appropriate clothing and shoes.

### **On Island:**

1. Ask Conference Services to set-up 4 pitchers of ice water and cups in Brookfield and to bring the CD player (if needed) before class begins at 11:30.
2. Make sure that the floor mats are in Brookfield for floor exercises.
3. Lead scheduled sessions each day Monday thru Friday.

**Follow Up Responsibilities:** See to it that people put away mats after class, and that cups are thrown out. Conf. Services will pick up the water pitchers.

**Total Cost:** None

**Materials:** Music and CD Player

**Past Volunteers:** Ali Walton, Kim Corfman *Updated 2018*

## **Meditation**

**Activity:** Conduct daily meditation session at the Summer House or in the Pink Parlor. It is usually held in the early morning.

**Responsibilities:** Lead the session

### **Off Island:**

1. Promote the activity through "*Boat News*".
2. Perhaps bring some appropriate readings.

### **On Island:**

1. Conduct the session

**Follow Up Responsibilities:** None

**Total Cost:** None

**Materials:** Readings, cushions or mats.

**Past Volunteers:** David Osgood *Updated 2018*

## **Yoga**

**Activity:** Offer yoga sessions during the week.

**Responsibilities:** Plan and conduct a yoga session several times during All-Star I (daily if you and the participants wish).

### **Off Island:**

1. Create an advertisement to include in the “*Boat News*” so conferees bring the appropriate clothes.

### **On Island:**

1. Meet with Conference Services on the Lobby bench to make sure your Yoga Workshop space is set up as needed.

2. Conduct Yoga sessions.

### **Follow Up Responsibilities:**

**Total Cost:** None

**Materials:** Mats located in Brookfield

**Past Volunteers:** Ron Bourque, Ali Walton, Linda Caldwell, Jessica O’Keefe *Updated 2018*