

## **UnConference: Relax and Rewind**

The link between stress and health has long been known and research points to a powerful mind-body connection. As the benefits of mind-body practices are becoming more recognized, these practices are beginning to show up at work, in schools and in other 'mainstream' environments.

Join graphic designer and mind-body coach *Stephanie Chewning* as she introduces you to the mind-body connection through meditation and therapeutic breathwork. She was introduced to meditation as an art student in the 1980s but did not establish a regular practice until 2009. During a particularly stressful time, she found meditation was a way to find balance. She has studied the energetic systems of the body (chakras) and completed Reiki III in 2014. She is currently pursuing her *Meditation Teacher* certification through the *Mindfulness Center* in Bethesda, MD (in partnership with the *National Association of Social Workers*).

### **THURSDAY, MARCH 17**

#### **6:30 AM – 7:20 AM**

##### **Stretch, Breathe, Meditate and Tap**

Stephanie Chewning

A great way to start your day! This full hour covers it all. 15 minutes of stretching, and breathwork, 10 minutes of 'zone' breathing, a 15-minute guided meditation, and 10 minutes of tapping to energize the mind and body. Seated or standing, no special clothing required.

Interactive Dialogue

**Hilton Hotel/Willford C/3rd Floor**

#### **11:00 - 11:50 AM**

##### **The Science of Breath**

Stephanie Chewning

Follow along and learn how better breathing habits affect your overall health. Practice various therapeutic breathing exercises including some traditional yoga pranayama techniques. Seated, no special clothing required. Interactive Dialogue

**McCormick Place/North Building/N140/Level 1**

#### **1:00 – 1:50 PM**

##### **Zone Breathing (moving meditation combined with breath)**

Stephanie Chewning

Learn a simple moving meditation that is combined with breathwork to oxygenate your body, cleanse your system and calm your mind. A fun way to pause and rebalance at the start or end of your day or anytime you need a break! Zone breathing puts you in the therapeutic zone (achieving a resonant breathing rate) where the electrical rhythms of the heart, lungs and brain becomes synchronized. Start a daily practice for 20 minutes each day, 5 days a week, for lasting results. Seated or standing, no special clothing required. Interactive Dialogue

**McCormick Place/North Building/N140/Level 1**

#### **3:00 – 3:50 PM**

##### **Principles of Energy**

Stephanie Chewning

Understanding what energy is and how it works is the first step to understanding your health and the life that you have created. Learn how your thoughts and emotions affect your health and how to practice a few Reiki self-healing techniques. Understand why meditation goes hand-in-hand with energy work and see how to connect with the energy through your breath. Seated or standing, no special clothing required. Interactive Dialogue

**McCormick Place/North Building/N140/Level 1**

**FRIDAY, MARCH 18**

**6:30 AM – 7:20 AM**

**Stretch, Breathe, Meditate and Tap**

Stephanie Chewning

A great way to start your day! This full hour covers it all. 15 minutes of stretching, and breathwork, 10 minutes of 'zone' breathing, a 15-minute guided meditation, and 10 minutes of tapping to energize the mind and body. Seated or standing, no special clothing required.

Interactive Dialogue

**Hilton Hotel/Willford C/3rd Floor**

**9:00 – 9:50 AM**

**Intro to Meditation: Mindfulness in the Classroom**

Stephanie Chewning

Learn the general purposes and different types of meditation. Sit back and relax as you are guided through a Mindfulness meditation with a focus on the body, breath, thoughts and environment. A good entryway into meditation, the objective of mindfulness meditation is not to stop thought, or create an altered state, but to be mindful of the moment. Seated, no special clothing required. Interactive Dialogue

**McCormick Place/North Building/N140/Level 1**

**12:00 – 12:50 PM**

**Intro to Meditation: Mantra**

Stephanie Chewning

Learn the general purposes of meditation and the different types of meditation. Sit back and relax as you are guided through a Mantra meditation. Mantra meditations calm the mind by focusing on a word (mantra) or phrase. As your thoughts come you gently release them and return to the mantra. Seated, no special clothing required. Interactive Dialogue

**McCormick Place/North Building/N140/Level 1**

**2:00 – 2:50 PM**

**Intro to Meditation: Cellular Healing**

Stephanie Chewning

Learn the general purposes of meditation and the different types of meditation. Sit back and relax as you are guided through a Cellular Healing meditation. This guided meditation will take you into the vast inner world of your body's cellular structure. Seated, no special clothing required. Interactive Dialogue

**McCormick Place/North Building/N140/Level 1**

**SATURDAY, MARCH 19**

**6:30 AM – 7:20 AM**

**Stretch, Breathe, Meditate and Tap**

Stephanie Chewning

A great way to start your day! This full hour covers it all. 15 minutes of stretching, and breathwork, 10 minutes of 'zone' breathing, a 15-minute guided meditation, and 10 minutes of tapping to energize the mind and body. Seated or standing, no special clothing required.

Interactive Dialogue

**Hilton Hotel/Willford C/3rd Floor**

**9:00 – 9:50 AM**

**The Science of Breath**

Stephanie Chewning

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**McCormick Place/North Building/N140/Level 1**

**12:00 – 12:50 PM**

**Zone Breathing (moving meditation combined with breath)**

Stephanie Chewning

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