



OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

Exploring Balance



Originally from Costa Rica, **Cristie Siegele** is an Occupational Therapy student at Boston University. Always having an interest in creativity and what inspires others to flow in creativity, Cristie is studying Occupational Therapy to guide communities and individuals that do not have access to creative human expression live their own art without borders. As a Kripalu certified yoga instructor and musician, she incorporates her own experiences and passions into her interactions with an interest to share and learn.

Communication of Mindfulness: Mindful Meditation in Motion

Embracing the practice of mindfulness is a key element in exploring balance within ourselves, our community, and all dynamics of daily living. In this presentation, Cristie shares her lifestyle of mindful meditation in motion and how it has opened space for healing and balance through experiences of breathing, yoga, and music.

Together we will visit how mindful meditation in motion transcends beyond the individual, through creative human expressions, into our relationships and communities inspiring balance within these networks. This is the communication of mindfulness.

With guided breathing meditation and live music, Cristie will introduce how we can begin living in balance through the communication of mindfulness just as we are now.

NOTE: This presentation will be made first in English and then again in Spanish