

Links de acesso às aulas do nosso projeto de Saúde Mental em tempos de isolamento

Kundalini Yoga:

Ao vivo as terças e quintas de 8h às 9h: <https://animaeducacao.zoom.us/j/98318019542>

Aulas gravadas:

Aula 1: <https://web.microsoftstream.com/video/08c0258b-32c9-418f-910e-b2e954bbd21f>

Aula 2: <https://web.microsoftstream.com/video/de9fde9d-1b20-4adb-ab9b-3f49ff9602c1>

Aula 3: <https://web.microsoftstream.com/video/13efdd0c-8717-4937-bb8d-1d0c87befd4e>

Webinar saúde mental – ocorre a cada 15 dias sempre ao meio dia:

<https://web.microsoftstream.com/video/2164ea63-216d-4896-8fb7-7695d99193d8>

Projeto Sunrise – novos vídeos 2x na semana :

Chamada para o projeto Sunrise: <https://youtu.be/anHxxhZkGdg>

Aula 1 – <https://youtu.be/CpDAatNeJWcE>

Aula 2 – <https://youtu.be/ev4VHYGYITo>

Aula 3 - <https://youtu.be/vvJNp6ysG5o>

Aula 4 – <https://www.youtube.com/watch?v=6S5XOfzG5Wo>

Aula 5 - <https://www.youtube.com/watch?v=XkM1iIzYwXY>

Aula 6 – <https://www.youtube.com/watch?v=sMSjSqIjh24&t=15s>

Aula 7 – <https://www.youtube.com/watch?v=pD3xcdQ1CV8>

Aula 8 - <https://youtu.be/p92XpGOhP7M>

Aula 9 - <https://youtu.be/HFjTfx5zZ8g>

Aikido – novos vídeos toda quinta:

Aula 1: <https://www.youtube.com/watch?v=LfV1MFx4GV8&feature=youtu.be>

Aula 2: https://youtu.be/nXg_-NvMgNc

Aula 3: https://animaeducacao.zoom.us/rec/share/wut1FZHM8XIOeg-Qx0j0WKUkOa_geaa81XQZ-6INmXYqhGnGVSc6zWXgCbKhSNA (Access Password: 8k&@In7=)

Aula 4: <https://youtu.be/qBXcRFIF40Q>

Aula 5: <https://youtu.be/ynqhivi11vw>

Aula 6: <https://youtu.be/f4Y7dYFw6ec>

Meditação

Aulas todos os dias ao vivo as 6h10: <https://animaeducacao.zoom.us/j/847076441>

Aulas gravadas: <https://www.youtube.com/watch?v=bVi0rcdw1O4&list=PLgBqoRzrNK-Ig798Q76nCCR59w3GFFk5H>

Práticas em Meditação

Prof. Dennys Robson Girardi

Aulas ao vivo com 1h de duração – 3ª e 5ª de 12h às 13h.

Conteúdo Programático:

Técnicas e práticas de meditação.

Técnicas e práticas de controle da respiração.

Técnicas e práticas para a busca da felicidade por meio do controle da raiva e do apego.

Link para as aulas:

<https://teams.microsoft.com/l/team/19%3a2123033b88394497bc36f0840fee2eae%40thread.tacv2/conversations?groupId=bba8b779-6ed8-41a4-8f2a-d9959cfb6fb2&tenantId=52e46e8d-c7cb-412a-908a-099a7fd6b31c>

Playlists de música para meditação:

1. <https://open.spotify.com/track/2Y67TJjDzjiYDU40lv2OFU?si=md6HJ5mkSP2MU9Y2efstPA>

2. <https://open.spotify.com/track/6TVu2AKWDSLjv619lj1jmV?si=SGxuxfq2T8qaTiGsJ9c0rQ>

3.

<https://open.spotify.com/album/4L7EmF0JE0A0WijfMprrcM?highlight=spotify:track:0DkYhW3zHunYyamhs4V3i7>

4.

https://open.spotify.com/track/0WfaeFx1XSqsW0WZU2lThT?si=ke9ABbx_SKyYFVUdvT6OAg

5.

<https://open.spotify.com/track/6kgnjU1tMDzaGI0FYOBZxq?si=Vg3XbZo-RlaczdylfzzORw>