

WE RISE: Pilot Program for Sahasra Deepika Foundation for Education

Women Evolving toward Resilience, Independence, Strength & Education & Empowerment

An Evidence-Based Mental Wellness, Dance and Healthy Body Program designed to FEED the WHOLE Person by attending to the MIND, SPIRIT & BODY and learning how to live a value-driven life in a healthy and strong body

<h2>BODY</h2>	<p><u>Program Section Description</u> Dance Instruction, technique, education and practice: this section of the curriculum will run by: <i>Prithvi Raj Ramaswamy</i> Internationally educated and trained professional dance educator, instructor and Stepsdanz School & dance studio owner: http://stepsdanz.com/</p>	
<h2>MIND</h2>	<p><u>Program Section Description</u> Mental Wellness, Expansion and Resilience: Identification of Life, Actions and Values (LAVA) & Review of Daily Supporting Activities: This section of the curriculum will be run by <i>Molly J. McDonald</i>, licensed therapist and nutrition counselor www.womenrglobal.org</p>	
<h2>HEALTHY FOOD</h2>	<p><u>Program Section Description</u> Healthy Body = Healthy Mind: Nutritional Review with cooking exercise. One vegetable, fruit or grain will be chosen each day and a dish will be created to create a nutritious and healthy meal: This section of the curriculum will be run by <i>Molly J. McDonald</i>, licensed therapist and nutrition counselor www.womenrglobal.org</p>	

SAMPLE DAILY CURRICULUM:

MIND/SPIRIT/WELLNESS
BODY/STRENGTH
HEALTHY FOOD/NUTRITION

	PROGRAM SECTION & ACTIVITY DESCRIPTION
<u>Monday</u>	
8:30 a.m.	Program ORIENTATION: Introductions, identification of VALUE & VOCABULARY for the week
9:00 a.m.	BODY/STRENGTH: Stretching, meditation, introduction of dance technique and language and instruction
10:00 a.m.	MIND/SPIRIT/WELLNESS: Instruction and Exercises will begin in Value and Action Identification, Supporting Activities & Goal: SDIE Students will engage in exercises and identify their VALUE for the week
11:00 a.m.	HEALTHY FOOD/NUTRITION: Nutritional review followed by instructor and SDIE student preparation of meal with education and taste mindfulness
12 p.m./Noon	Enjoy Lunch, tea, storytelling and sharing
1:30	MIND/SPIRIT/WELLNESS: Instruction and Exercises will begin in Value and Action Identification, Supporting Activities & Goal: SDIE Students will engage in exercises and identify their VALUE for the week
2:30 p.m.	BODY/STRENGTH: Stretching, meditation, introduction of dance technique and language and instruction: Instructors and SDIE Group WALK
3:00 p.m.	Tea break and sharing
3:30 p. m.	MIND/SPIRIT/WELLNESS: Instruction and Exercises will begin in Value and Action Identification, Supporting Activities & Goal: SDIE Students will engage in exercises and identify their VALUE for the week
4:00 p.m.	VALUE & VOCABULARY REVIEW
4:15 p.m.	DANCE MOVEMENT AND TERMINOLOGY REVIEW
4:30 p.m.	Wrap up, review and relaxation
5:00 p.m.	GAMES, Group meditation and HOPE/WISH drill