

# INSIDE OUT DEVELOPMENT

*"INSIDE TOOLS FOR THE OUTSIDE WORLD"*

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## The Namaste Project Wellness Pavilion

### Featuring Inside Out Development

Inside Out Development invites you to visit the Wellness Pavilion, a calm, supportive space designed to help you reconnect with yourself, manage stress, and access practical tools for emotional well-being. Our approach integrates somatic-based practices, breathwork, and nervous system education rooted in positive psychology research showing how mindset, emotion regulation, and embodied practices influence engagement, resilience, and performance.

**Inside Out Development (IOD)** is a partner in this work, bringing expert insight into how educators and professionals can understand and shift physical and emotional responses to stress. IOD's practices help you cultivate clarity, calm, and presence, all essential skills for thriving both personally and professionally.

### What to Expect at the Wellness Pavilion

The Wellness Pavilion is a drop-in, come-as-you-are space throughout exhibit hours

- **Rest & Reset:** Comfortable seating and a calming environment to pause during a busy day.
- **Somatic & Breathing Practices:** Brief, optional experiences that help you regulate your nervous system and recenter your attention.
- **Self-Guided Tools:** QR codes linking to simple, practical resources you can use during the conference and beyond.
- **Support & Conversation:** Ask questions or explore how embodied practices can support your well-being.

Whether you spend five minutes or longer, this space is supportive and non-prescriptive — no pressure, just possibility.

### Morning Movement & Gentle Yoga

Hosted by Drina Edwards

Start your conference day with an accessible wellness session blending gentle movement, breathwork, and somatic awareness designed for educators and professionals of all bodies and abilities. This session supports focus, emotional balance, and nervous system regulation, all shown in research to enhance well-being, engagement, and creative capacity.

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## Session Highlights:

- Accessible Movement: Gentle yoga and functional movement you can do in business-casual attire, chair-optional.
- Breathwork for Calm: Simple breathing practices to support regulation and clarity.
- Somatic Awareness: Body-focused practices to help release tension and foster self-awareness.
- Drop-In Friendly: Arrive any time during the session window, no prior experience required.

This session focuses on supporting your nervous system and well-being, not on perfect poses or strenuous exercise.

## IOD and Impact for CEC

- Reinforces keynote learning through real-time application
- Supports educator well-being, retention, and sustainability
- Models scalable wellness practices for schools and districts
- Positions CEC as a leader in science-based educator wellness

## Keynote Alignment

The keynote emphasizes that happiness fuels resilience, engagement, creativity, and success, not the other way around.

IOD in the Wellness Pavilion reinforces this message by enabling educators to practice the science of happiness through brief, evidence-based experiences.

## Core Themes Reinforced:

- Happiness as a trainable skill
- Neuroplasticity & mindset shifts
- Gratitude & positive emotion
- Strengths, meaning, and purpose
- Stress regulation & resilience

## Resources

Educators receive access to:

- Printable wellness tools & reflection prompts
- QR-linked guided practices and habit trackers
- Research-informed strategies aligned with positive psychology