MINUTES
April 5, 2021

Present: Susan Birch, Jack Ringland, Tanja Blicker-Ucran, Katie Lowe, Jillian Baltruchitis, Joe Stone, Keith Wilcox, Rebecca Beaton, Laura Hanson

1. Welcome

Jack welcomed everyone to today’s meeting.

2. Mission Statement/Minutes

Deanne read the Mission Statement of the Coalition.

“The Coalition is for individuals with all disabilities to connect and talk about what is important in our lives and what we can do together to improve quality for all people! It is also an opportunity to become familiar with different services available from agencies in Rhode Island and learn what these agencies can do to support and meet the needs of individuals.”

Tanja reviewed the March 2021 Minutes and they were approved by the Coalition.
3. Presentation: Laura Hanson from, Beautiful View Yoga, Talks about yoga and Shows us some Exercises

Laura begins by talking about the different kinds of yoga. She says if you are practicing yoga you believe truthfulness and loving kindness.

Yoga really means linking of the mind, spirit, and body. We’re trying to have our mind, and spirit work together and work both ways.

Humans like to move their bodies because it releases chemical compounds such as dopamine, and endorphins. That makes us feel better, our posture makes us feel better. By doing yoga, we do improve our strength, flexibility, endurance, and posture.
For the rest of the meeting Laura, of Beautiful View Yoga, showed us different yoga exercises. Most of the exercises were targeted for the arms, shoulders, neck, and better posture.

The first exercise was sitting in a chair and holding your hands up at the side of your face and fluttering your fingers. As you doing this, try to sit up straight and tall. Then keep fluttering your fingers as you move your arms above your head, and back down to where you started, doing this several times.

The next exercise was lifting one shoulder and then the other to your head, doing this several times. Next, bring your hands, palms facing out, up to the sides of your face, and twist the trunk of your body to the right slowly, and then to the left.

Let your arms hang down with your palms out, then slowly lift your arms over your head and down with your palms together to heart center. Repeat this several times.

Next, drop your head down forward so your chin is near your chest, then turn your head toward your right shoulder. You should be feeling a nice stretch in your neck. Roll your head forward to your left shoulder.

There are other exercises we did, too. We will post the Zoom Meeting on the RI Cross Disability Coalition website.
See you in May!!

5. Motion to Adjourn
The meeting adjourned at about 2 pm.

NEXT MEETING
Date: MONDAY, May 3, 2021
Location: Via Zoom
Time: 1:00 pm – 2:00 pm

Minutes submitted by Tanja Blicker-Ucran