

Dear Parents,

This year our school is honored to bring Challenge to Change Inc. into our classrooms to provide Mindfulness lessons for all students. Your student is invited to participate in monthly Yoga and Mindfulness practices led by a certified Challenge to Change Kid’s Yoga Teachers. The program prides itself on having reliable professionals with a passion for working with children and a proven curriculum. The Mindfulness curriculum delivered during these lessons was created by founder and former educator, Molly Schreiber and designed to increase social emotional skills in children. The Mindfulness Practices include, but are not limited to, deep breathing exercises, yoga poses and games, brain breaks, sensory tools and experiences, and guided relaxation practices.

These practices are proven to assist in the regulation of emotions, aid in focus and attention, improve self-awareness, mitigate the effects of bullying, increase self-confidence, and create a calm learning space. Yoga and Mindfulness practices promote self-connection and regulation and are not affiliated with any religious beliefs. Yoga is a multifaceted practice that has many layers, such as deep breathing, physical poses, relaxation tools, and sensory experiences.

If you have any questions regarding Yoga and Mindfulness in the Classroom please feel free to contact your building principal or Challenge to Change Inc. If you would like to know more about Yoga and Mindfulness please connect with Challenge to Change Inc. at <http://challengetochangeinc.com/> or [MollyMSchreiber@gmail.com](mailto:MollyMSchreiber@gmail.com).

Thank you for sharing your students with us!