



“If every 8 year old in the world is taught meditation,  
we will eliminate violence from the  
world within one generation.”

~ Dalai Lama

Dear Parents,

Our school is honored to be a part of your child’s educational journey. We pride ourselves on finding new ways to support, challenge, and encourage our students each year. This year we are thrilled to bring the practices of Yoga and Mindfulness into our classrooms. Your child is invited to participate in monthly Yoga and Mindfulness practices led by a staff member who is 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 to help with self-connection and regulation.

The Yoga In The Catholic Schools Curriculum is designed to help your child utilize the tools of a mindfulness practice with their faith formation. Lessons are designed to incorporate and support the use of prayer, catechesis, praise and worship while learning deep breathing exercises, yoga poses, 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 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 [grow@challengetochangeinc.com](mailto:grow@challengetochangeinc.com).

Thank you for sharing your children with us!



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