



YOGA IN THE SCHOOLS COMPASS PROGRAM

Implement a Yoga in the Schools Program virtually with our Compass Program, where you navigate the direction and we guide the way. In this model, we will collaborate with administrators to establish a Yoga in the Schools Project that accommodates your school community with the use of our online programming, Peace-Out-Portal ("POP"). The Compass Program model allows you to create a sustainable yoga project with the flexibility of online yoga and mindfulness curriculum and scheduling.

\$3,000 per school includes

- ✓ **Yoga in the Schools Curriculum** for elementary or middle schools incorporating social-emotional skills and mindfulness practices focused on strengthening student resiliency, emotional balance and self-awareness.
- ✓ **8 yoga and mindfulness lessons** including an end-of-the-year culmination delivered online and led by Challenge to Change certified yoga teachers.
- ✓ **All staff access** to online yoga and mindfulness teaching tools, printable worksheets/activities and video content including seated practices, movement, brain breaks, and guided mindfulness recordings for classroom use through our **Peace-Out-Portal** ("POP").
- ✓ Challenge to Change **Program Navigator** offering unlimited scheduling and program support.
- ✓ **Three virtual teacher in-service trainings:** on-boarding the program, navigating Peace-Out-Portal and teacher self-care.