



# Mindful Education **IN SCHOOLS** **ONLINE PROGRAM**

**ANNUAL COST • \$3,000 PER SCHOOL**

## **PROGRAM DETAILS**

- Mindfulness Curriculum with 8 pre-recorded lessons
  - Lessons are structured to be age-appropriate and specific to the social-emotional well-being of students.
- All staff access to our online Resource Center including teaching tools, printables, video content, and other resources
- Program Support by a Challenge to Change Program Coordinator
- Scheduling Support
- Navigating Online Tools Staff Onboarding In-Service
- Yoga & Mindfulness Tools to Set Your Students Up for Success In-Service
- Staff Self-Care In-Service Training
- No Prerequisites

## **ADDITIONAL PRODUCTS & SERVICES**

- Additional In-Service: \$125 per hour
- Mileage (\$.66 per mile) and/or lodging expenses may apply
- Non-Programming facility presentation rate: \$200, \$125 for subsequent hours
- Yoga teacher trainings and customized staff professional development available
- Relicensure credits available
- Support materials available through our online store



[www.challengetochangeinc.com](http://www.challengetochangeinc.com)