



**DOMINICAN
UNIVERSITY**
of CALIFORNIA

**Self-Paced Online Training offered by
Dominican University of California**

What You'll Learn

Learn to balance your classroom each day. Begin and end the day with a connection that maintains a thriving classroom community, achieved by combining the foundations of Yoga + Mindfulness with Morning Meetings + Closing Circles to authentically connect to community building, social-emotional learning, and academic achievement.

Required text to be purchased by students: Morning Meetings and Closing Circles, by Monica Dunbar.