

# CREATING POSITIVE CHANGE THROUGH YOGA + MINDFULNESS



YOUTH PROGRAMMING + CONTINUING EDUCATION  
STAFF TRAINING/CONSULTATION + SPEAKING ENGAGEMENTS/CONFERENCES

*Through evidence-based yoga and mindfulness programming, Challenge to Change, Inc. provides preventative social and emotional skills benefiting the mind, body, and emotional state to people of all ages. We are committed to empowering learners to utilize mindful resources in order to navigate the world around them.*

## Yoga + Mindfulness in the Schools Programming

**Schools**  
**Homeschools**  
**Daycare Facilities**  
**Community Programs**  
**Camps**  
**After School Programs**  
**Sports Training Programs**

Our Yoga + Mindfulness Programs offer research-based curriculum created, led, and taught by certified and experienced Challenge to Change, Inc. Youth Yoga Instructors. We offer yoga and mindfulness programming at the Elementary, Middle School, High School, and Post-Secondary levels supporting students of all ages with social-emotional learning and lifelong wellness skills.

**Yoga in the Schools Director • Jordan Turner** [jordan@challengetochangeinc.com](mailto:jordan@challengetochangeinc.com)

## Trauma-Informed Programming

Our Trauma-Informed Programming offers an evidenced-based curriculum created, led, and taught by trained and experienced Challenge to Change Instructors. We offer yoga and mindfulness programming to build resiliency in youth and adults who may have experienced trauma and are navigating challenges.

**Trauma-Supports Director • Jodi Wasson** [traumasupports@challengetochangeinc.com](mailto:traumasupports@challengetochangeinc.com)

**Detention Centers**  
**Residential Treatment Facilities**  
**Shelters**  
**Alternative High Schools**  
**Professional Education**

## Medical Programming

**Medical Facilities**  
**Collegiate Programs**  
**Customized Professional Development**

The Medical Mindfulness Department is committed to offering yoga and mindfulness techniques as accessible support to the mind, body, and emotional wellbeing of people of all abilities. We believe in empowering medical professionals, caregivers, and patients to integrate inclusive yoga and mindfulness practices as an alternative approach to healing.

**Medical Mindfulness Director • Kristin Kilburg** [kristin@challengetochangeinc.com](mailto:kristin@challengetochangeinc.com)

## Continuing Education & Trainings

Through evidence-based yoga and mindfulness content, we empower learners to enhance their confidence and credibility in literacy around wellbeing and emotional intelligence.

Our shared vision orbits around continuing education and professional development courses found virtually and in person.

**Continuing Education Director • Jenna Bell** [jenna@challengetochangeinc.com](mailto:jenna@challengetochangeinc.com)

**Customized Professional Development**  
**Relicensure & Graduate Courses**  
**Yoga Teacher Trainings**  
**Caregiver Education**

## Workplace Self-Care

**C2C Hub**  
**Presentations**  
**Customized Trainings**  
**Retreats**

We are committed to offering self-care opportunities to reduce the risk of stress and burnout in and outside of professional settings. Through inclusive, research-based yoga, mindfulness, and wellness techniques, we aid professionals in developing the tools to navigate everyday life with emotional intelligence and a sense of calm.

**Chief Operating Officer • Amy Jenkins** [amy@challengetochangeinc.com](mailto:amy@challengetochangeinc.com)