



challenge to change **What You'll Learn**

Explore the Online Yoga + Mindfulness Portal

Welcome center, Mindful Practices, Parts of Practice, Mudra Practices, and Printable Resources.

Participants will be asked to explore the resource center and use it to its full potential by **implementing various resources in their own learning community** (at home, school, daycare, etc.).

A log of your time spent exploring the resource center, lessons created for implementation and consistent reflection/journaling will help participants get the most out of this experience and elevate their learning community.

Lastly, when **participants prioritize their own self-care**, they can bring the best versions of themselves to their learning community. Because of this, a self-care opportunity will be part of the course requirements.