

Yoga + Mindfulness PROGRAM



	LIVE PROGRAM	ONLINE PROGRAM	LICENSING PROGRAM
ANNUAL COST	\$425 per Classroom	\$3,000 per School	\$1,200 per School
Yoga and Mindfulness Curriculum with 8 lessons including an end-of-the-program culmination	Delivered live by Challenge to Change Yoga Teachers	Delivered digitally by Challenge to Change Yoga Teachers	Delivered by a 95 Hour RCYT employed by your organization
All staff access to an online Yoga + Mindfulness Portal including teaching tools, printables, video content and other resources	✓	✓	✓
Challenge to Change Program Coordinator	✓	✓	✓
Unlimited Program Support	✓	✓	Video tutorials on how to deliver each lesson
Scheduling Support	✓	✓	■
Navigating Online Tools Staff Onboarding In-Service	✓	✓	Delivered Digitally
Yoga & Mindfulness Tools to Set Your Students Up for Success In-Service	✓	✓	Delivered Digitally
Staff Self-Care In-Service Training	✓	✓	Delivered Digitally
Prerequisites	N/A	N/A	Minimum of 1 staff member has completed Challenge to Change 95 Toddler, Kids + Teen Yoga Teacher Training

Additional Products & Services

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

✓ Included
 ■ Not Included