


Yoga + Mindfulness SUMMER SCHOOL PROGRAM

 challenge to change	LIVE PROGRAM	ONLINE PROGRAM	PARTNER PROGRAM	LICENSING PROGRAM
COST	\$55 per Classroom per 30 Minute Visit	\$1200 per Facility	\$1200 per Facility	\$1200 per Facility
Yoga and Mindfulness Curriculum	Delivered live by Challenge to Change Yoga Teachers	8 lessons delivered virtually by Challenge to Change Yoga Teachers	Delivered by a 95 Hour RCYT employed by your organization	Delivered by a 95 Hour RCYT employed by your organization
All staff access to an online Yoga and Mindfulness Portal including teaching tools, printables, video content and other resources	✓	✓	✓	✓
1 FREE Online Youth Yoga Teacher Training for facility staff member	■	■	✓	■
Challenge to Change Program Coordinator	✓	✓	✓	✓
Unlimited Program Support	✓	✓	Written curriculum + video tutorials on how to deliver each lesson	Written curriculum + video tutorials on how to deliver each lesson
Scheduling Support	✓	✓	■	■
Prerequisites	Classes larger than 30 students will be billed as 2 sections.	N/A	Must be a preexisting Challenge to Change Yoga + Mindfulness School 95 Youth Yoga Teacher Training, which is included in this program	Minimum of 1 staff member has completed Challenge to Change 95 Youth Yoga Teacher Training

✓ Included ■ Not Included

Additional Products & Services

- Challenge to Change YogArt Camp
- Staff In-Service Training \$125
- Live 95 Hour Youth Yoga Teacher Training \$1,700 per participant
- Online 95 Hour Youth Yoga Teacher Training \$795 per participant
- Travel expenses may apply for locations outside of Dubuque, IA including mileage calculated at .58 cents per mile and/or hotel accommodations.
- Additional support materials available for purchase through challengetochange.com

YogArt Program

Our YogArt program combines the creative, calming practices of yoga and art into one amazing event. Package includes digital curriculum manual, printables and instructional videos. Learn more or sign up [HERE](#)

- \$199.99 • 2 Day Toddler Camp**
- \$149.99 • 4 Day Kids Camp**
- \$249.99 • Kids + Toddler Camp**