

Yoga + Mindfulness PROGRAM



	LIVE PROGRAM	ONLINE PROGRAM	LICENSING PROGRAM
ANNUAL COST	\$400 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 virtually by Challenge to Change Yoga Teachers including 3 Staff In-services	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	✓	✓	✓
Challenge to Change Program Coordinator	✓	✓	✓
Unlimited Program Support	✓	✓	Video tutorials on how to deliver each lesson
Scheduling Support	✓	✓	■
On-boarding Staff In-service Training	✓	✓	■
"Navigating Online Tools" Staff In-service Training	✓	✓	■
Staff Self-care In-service Training	✓	✓	■
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

- Additional Staff In-service Training **\$125**
- 95 Hour Toddler, Kids + Teen Yoga Teacher Training **\$1,700 per participant**
- Travel expenses may apply for locations outside of Dubuque, Iowa including mileage calculated at .58 cents per mile and/or hotel accommodations.
- Additional support materials available for purchase through the Challenge to Change online store.

 Included
 Not Included