



YOGA IN THE SCHOOLS HOMESCHOOL PROGRAM

Our virtual Compass Program proudly accommodates homeschool families. Receive our yoga and mindfulness curriculum with an emphasis on social emotional learning for easy implementation at home with our an online program. Access a wealth of digital resources and videos through our Peace-Out-Portal ("POP") and enjoy our yoga curriculum from the comfort of your home.

\$99 per household includes

- ✓ **Yoga in the Schools Curriculum** for your elementary or middle school student(s) incorporating social-emotional skills and mindfulness practices focused on strengthening student resiliency, emotional balance and self-awareness.
- ✓ **8 yoga and mindfulness lessons** including an end-of-the-year culmination delivered online and led by Challenge to Change certified yoga teachers.
- ✓ **All access** to online yoga and mindfulness teaching tools, printable worksheets/activities and video content including seated practices, movement, brain breaks, and guided mindfulness recordings through our **Peace-Out-Portal** ("POP").
- ✓ Challenge to Change **Program Navigator** offering unlimited program support.
- ✓ **Parent "how-to" videos:** introducing the program, navigating Peace-Out-Portal and self-care resources.