

Learn with us. Train with us. 

CONTINUING EDUCATION

Are you an **EDUCATOR** seeking ways to bring a sense of calm into your classroom? Are you a **PARENT** looking to handle your child's behavior in a different way? Are **YOU** looking to deepen your own understanding of yoga and mindfulness? We want to support you in becoming the best version of you!



June 1-2

Avoca, IA
Mindful Games
Green Hills AEA
SECTION 201150

June 3-4

Creston, IA
Mindful Games
Green Hills AEA
SECTION 201150

June 10-11

Creston, IA
Yoga for Teachers
Green Hills AEA
SECTION 201149

June 14-15

Avoca, IA
Yoga for Teachers
Green Hills AEA
SECTION 201149

June 14-15

Cedar Rapids, IA
Yoga for Elementary Teachers
Grant Wood AEA
SECTION 306552

June 15-16

ONLINE via ZOOM
Yoga for Secondary Teachers
Heartland AEA
SECTION 306436

June 17-18

ONLINE via ZOOM
Mindful Games
Heartland AEA
SECTION 306469

June 22-23

ONLINE via ZOOM
Social Emotional Learning
Heartland AEA
SECTION 306328

June 23-24

Sioux City, IA
Mindful Games
Northwest AEA
SECTION 306476

June 29-30

ONLINE via ZOOM
Yoga for Elementary Teachers
Heartland AEA
SECTION 306470

June 29-30

Cedar Rapids, IA
Yoga for Secondary Teachers
Grant Wood AEA
SECTION 306500

July 6-7

Dubuque, IA
Yoga for Secondary Teachers
Keystone AEA
SECTION 306561

July 8-9

Dubuque, IA
Breathing New Life Into Your Classroom Community
Keystone AEA
SECTION 282982

July 12-13

Bettendorf, IA
Social Emotional Learning
Mississippi Bend AEA
SECTION 306466

July 14-15

Bettendorf, IA
Yoga for Elementary Teachers
Mississippi Bend AEA
SECTION 306540

July 19-20

Sioux City, IA
Social Emotional Learning
Northwest AEA
SECTION 306446

July 20-21

Bettendorf, IA
Mindful Games
Mississippi Bend AEA
SECTION 306467

July 21-22

Sioux City, IA
Yoga for Elementary Teachers
Northwest AEA
SECTION 306437

July 26-27

Dubuque, IA
Mindful Games
Keystone AEA
SECTION 306573

July 26-27

Bettendorf, IA
Yoga for Secondary Teachers
Mississippi Bend AEA
SECTION 306468

July 28-29

Dubuque, IA
Social Emotional Learning
Keystone AEA
SECTION 306566

Register Now!

Courses will be in person unless otherwise specified. If a section shifts to online via ZOOM, you will be notified. **Sign up through your local AEA.**
Questions? Contact Amy (515) 230-0633 or amy@challengetochangeinc.com