

Breathe FOR Change

EDUCATORS 200-hour Wellness & Yoga Training
Love SEL*F Meditation Leadership
Build Community Teacher's Voices B4C Overcome Teacher Burnout
Lead with Love Enhance Learning Happiness
Powerful Mind-Body Practices Together Grounding
Social Emotional Learning & Facilitation
Inclusive Community Social Justice

Support Well-being
Transform
Mindfulness
Reduce Stress
Intentional Self-Care Practices



Need-based scholarships and flexible payment plans available.
To learn more and apply today, please visit www.breatheforchange.com.



Breathe FOR Change

is on a mission to build a more conscious and connected education system.



We dream of a day when...

- All educators live their healthiest, most fulfilled lives and unleash their potential as leaders.
- All students harness their inner strength and tap into their unique talents and passions.
- School communities unite in shared purpose and embrace each moment as an opportunity to learn and grow.

To manifest this vision, we offer the World's only 200-hour Wellness and Yoga Teacher Training specifically designed for Educators.

Our training curriculum takes us on a transformational experience that follows this progression: Transformation of Self to Transformation of Relationships to Transformation of Community and Integration and Renewal. We believe when we are empowered to be our whole and brilliant selves, we transform the well-being of our communities. After the training, educators can opt into ongoing support and resources through our ChangeMaker annual subscription, which helps educators with their commitment to enhance personal and community wellness. Additionally, we offer our very own Social Emotional Learning and *Facilitation (SEL*F™) curriculum and strategies to use in your teaching setting.

Through our 16-day training, participants become a Certified Yoga Teacher (CYT-200) and are eligible to become an internationally recognized Registered Yoga Teacher (RYT-200) through Yoga Alliance. In addition, participants receive a Breathe For Change Wellness Champion certification, which qualifies them to lead wellness and social emotional learning programs for students, colleagues, and community members.

Over the past two years, we have partnered with dozens of schools and districts across the country to gather feedback, conduct research, and establish these successful and sustainable programs. Feedback from past educators shows that the 200-hr training is so much more than a yoga training, it truly transforms and makes a positive impact on personal well-being and classroom presence. Below are some statistics from our Summer 2017 trainees.

"Breathe for Change is a revolutionary program that really will change the world. After participating in the program, I felt empowered, reinvigorated, inspired and ready to create real change in the schools! Breathe for Change has changed my life and I will be forever grateful."

Bridget
Oakland, California

a day in the life of a trainee...



Morning Yoga Practice



Break



Transformational Workshop



Meditation



Philosophy



Lunch



Anatomy



Asana



SEL*F



Mentor Groups



Closing Circle



curriculum note:

Breathe For Change approaches well-being on three interrelated levels: Transformation of Self, Transformation of Relationships, and Transformation of Community. Our curriculum integrates wellness practices such as yoga, mindfulness, meditation, breathwork, communication techniques, social-emotional strategies, and community building exercises across these three layers into a progression of themes designed specifically for education. We have taken this approach to ensure that these powerful wellness practices are accessible and culturally relevant to diverse teachers, students, and families within the context of today's education system.

Our curriculum expands from the self outward and progresses from Transformation of Self to Transformation of Relationships to Transformation of Community. It then completes the cycle with Integration and Renewal, creating space to reflect and start fresh. Through this cyclical progression, trainees become equipped to enhance well-being in their lives, classrooms, and school communities.

Transformation of Self

Transformation of Self	Breathe For Beginnings	Breathe For Creativity	Breathe For Gratitude
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Transformation of Relationships

Transformation of Relationships	Breathe For Presence	Breathe For Compassion	Breathe For Communication
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Transformation of Community

Transformation of Community	Breathe For Inclusion	Breathe For Collaboration	Breathe For Social Justice
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Integration & Renewal

Integration & Renewal	Breathe For Harmony	Breathe For Playfulness	Breathe For Inspiration
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what our graduates are saying...

"Worth every penny, and every minute!"

Ashley
Bay Area, California

"Educators from all over the US and beyond should participate in the B4C movement. It is an opportunity of a lifetime and will positively impact our students', colleagues, and families' lives and communities into eternity and beyond."

KayLynn
Austin, Texas

"...life changing and transformative experience..."

Jeannine
Austin, Texas

"If you could do one thing that will help you not only be a better teacher, but also a better parent, sibling, son, daughter, husband, wife, friend, a better human, wouldn't you do it? Breathe for Change is that thing."

Serena
New York, New York

"Looking for inspiration, feeling education burnout, Breathe For Change will transform YOU inside and out! YOU will be the change! YOU will breathe change into the educational system!"

Lorna
Bay Area, California

"Breathe For Change is truly the most transformational experience you will ever have!

It is the only professional development you don't want to end - and it will heal your mind, body and spirit so that you can be the educator and human you always were meant to be!"

Prudence
Madison, Wisconsin

"I left transformed, grounded, and literally breathing deeper."

Natalie
Bay Area, California



Changing the **WORLD**
One **TEACHER** at a Time