

Breathe for Change

To Whom It May Concern,

Breathe for Change is committed to enhancing the health and well-being of educators, students, and entire communities. In our **Transformative TEACHing and Leadership Training**, educators will enhance their pedagogy, deepen their leadership skills, and strengthen their ability to foster healing in their lives, relationships, and communities. This training is based on the B4C TEACH Method, a framework derived from my Ph.D. research and 15 years as a teacher and teacher educator. Each letter of TEACH represents one aspect of what we believe is critical for high-quality teaching.

- In **Trauma-Informed Pedagogy**, educators gain tools to teach using a trauma-informed lens, and integrate trauma-sensitive mind-body wellness practices into their instruction.
- In **Equitable Facilitation**, educators learn to embody equity-centered social-emotional learning competencies in their teaching, and equip their students to strengthen these skills within themselves.
- In **Accessible Learning**, educators learn to understand, support, and teach students of diverse social identities, backgrounds, and abilities, and ensure all members of their community thrive.
- In **Community Building**, educators learn to inspire connection and foster a deep sense of community through their teaching. They will walk away with a wide range of transformative pedagogical practices they can draw upon to foster vulnerability, co-create learning, and catalyze human connection.
- In **Healing-Centered Teaching**, educators learn to facilitate wellness and educational experiences that rejuvenate, heal, and restore both them and their community, and ultimately foster collective well-being.

These components underpin all aspects of instruction and facilitation at Breathe for Change, and are central to creating a learning environment where all community members feel a sense of inclusion, belonging, and connection. Through this comprehensive, professional level training, participants will deepen their expertise in accessible, community-based yoga practices, specifically designed with the school community in mind. Additionally, they will design and facilitate social-emotional learning and wellness-based professional development workshops at the highest level of instruction.

Wellness practices have been shown to increase student confidence and performance, especially for those who have experienced trauma. Recently, a [study](#) by the Columbia University Center for Benefit-Cost Studies in Education found that every dollar invested in SEL has a societal return of \$11. Now, educator and student well-being is more important now than ever before; in response, we are prepared to welcome educators into this inspiring, evidence-based training. Learn more about the benefits of yoga and mindfulness on educator and student well-being on the [research page](#) of our website.

Upon graduation, participants receive the B4C TEACH Method Certification and 300-hour Yoga Teacher Certification (CYT-300), recognized by Yoga Alliance, the international yoga teacher certifying body. Graduates holding a CYT-200 designation can register their CYT-300 with Yoga Alliance to become a Registered Yoga Teacher at the 500 hour level (RYT 500). In addition, Breathe for Change is [accredited as a college](#) and the work that participants complete through this training will count towards the Breathe for Change Master's of Education and/or Post-Graduate Certificate for graduate-level credit.

The Breathe for Change training qualifies for Title Funds including Title I, II, IV, and VI because it is a tool and strategy that helps to meet the social, emotional, mental health, and academic needs of students hit hardest by the pandemic. Additional federal, state, and local funding sources are also available to support this training for your school.

The concepts taught through this training can apply to any subject matter at hand, making this a powerful learning experience for educators of all types. Please join us in deepening your educator's pedagogy and facilitation skills so that they can bring yoga and wellness practices to your students and school community.

Best Regards,



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Changing the WORLD
One TEACHER at a Time