

To Whom It May Concern,

Breathe For Change exists to enhance the health and well-being of educators, students, and entire communities. In our Mindfulness, SEL, and Yoga Teacher Training – and our school and district professional development (PD) – educators learn to use mindfulness, yoga, and social-emotional learning (SEL) as vehicles for healing and social change in their classrooms and communities.

[Breathe For Change's research](#) and evidence-based training and PD align with state and district SEL goals, filling the gaps caused by COVID-19. We have a number of offerings to address these gaps:

- 1) **Mindfulness, SEL, and Yoga Teacher Training for Educators:** Our [CASEL aligned](#) training equips educator leaders to teach inclusive and trauma-informed yoga and meditation classes, and facilitate wellness and SEL practices and programs in their classrooms and school communities.
- 2) **School and District-Wide Professional Development for Staff:** We also offer [school- and district-wide professional development](#). Our PD provides entire school staff with tools to increase self-awareness and reduce stress, connect as a community, and learn SEL strategies to share with students.
- 3) **School and District Wellness Packages for Community-Wide Change:** Schools and districts have the opportunity to create community-wide change with our transformational [school and district wellness packages](#). These packages include:
  - a) All-staff professional development sessions designed to enhance educator well-being and reduce stress and burnout.
  - b) Mindfulness, SEL, and Yoga Teacher Training for a select group of educator leaders from your school and/or district.
  - c) Access to Breathe For Change's Educator Collective which includes wellness and SEL curriculum, content, and live digital events that are designed to support ongoing program implementation and foster educator and student well-being.

Education Stabilization Funds, specifically Elementary and Secondary School Emergency Relief (ESSER) or Governor's Emergency Education Relief Funds can be used to invest in training and PD from Breathe For Change. This will address the impacts of COVID-19 on pre-K through 12 teaching and learning in school districts across the country.

The Breathe For Change training and PD qualifies for funding under the American Rescue Plan (Public Law No: 117-2) 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.

We would be honored to partner with you to enhance the well-being of your entire community.

Best Regards,



**Ilana Nankin, Ph.D.**

Founder & CEO | Breathe For Change

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