40-50% of teachers leave the profession within first 5 years
15% exit rate per year

Help students and educators handle the stress of modern life through
- Mindfulness
- Movement
- Neuroscience
- Positive psychology
Mindful Essentials for Educators

- Enhances creativity
- Facilitates focus
- Develops emotional intelligence & stability
- Reduces negativity & anxiety
- Promotes problem solving
- Increases openness

Neuroscience of Mindfulness
1. Breathe

- Square Breathing
- Heart/Belly Breath
- Back-to-Back Breathing

2. Connect

- One Word Check In
- Mirror, Mirror

3. Affirm

4. Move

5. Relax

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I am
- Calm
- Balanced
- Kind
- Healthy

Affirm

Yoga
- Restorative poses
- Heart Openers
- Yoga Games – Add One

Move

Relax

- Loving Kindness Meditation
- Body Scan
- Yoga Nidra

Relax

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Questions?

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