



Mindfulness, SEL, and Yoga Teacher Training

Deepen your well-being, improve student outcomes, and create meaningful change in your school community.



www.breatheforchange.com

Built by real educators. Backed by research. Made to transform lives, starting with yours.

The Breathe For Change Mindfulness, SEL, and Yoga Teacher Training is a transformative experience designed by educators, for educators. Grounded in research and aligned with CASEL's nationally recognized competencies, this program empowers you to prioritize your well-being, strengthen student outcomes, and spark meaningful change in your school community.

Through a unique blend of mindfulness, social-emotional learning (SEL), and inclusive yoga practices, you'll gain practical tools to support your mental, emotional, and physical health—while learning how to seamlessly embed SEL and wellness into your teaching. You'll also become certified to teach trauma-informed, accessible yoga to children and adults, positioning you to lead healing-centered initiatives that uplift and unite.



What You'll Gain



Restore Your Energy, Reignite Your Passion: Develop sustainable wellness practices that support your own healing and growth—so you can feel energized, grounded, and inspired in your work and life.



Get Certified in Yoga and Mindfulness: Learn to teach inclusive, trauma-informed yoga and mindfulness practices tailored for schools and communities—no prior experience or flexibility required.



Teach SEL Strategies that Actually Work: Bring research-backed, CASEL-aligned strategies into your classroom and school that reduce stress, build emotional intelligence, and transform student behavior and culture.



Lead Transformational PD for Your School: Design and lead impactful wellness workshops and PD sessions that nourish your community from teacher teams to district-wide initiatives.



Join a Community that Has Your Back: Join a national movement of heart-led educators using wellness and mindfulness as tools for personal and systemic change—because you're not meant to do this alone.



Certifications & Credits

Social-Emotional Learning Facilitator Certification (SEL*F)

Qualifies you to lead SEL, mindfulness, and wellness practices, workshops, and programs in your school, district, or organization



200-hour Yoga Teacher Certification (CYT 200)

Gold-standard international yoga teacher certification that enables you to register through Yoga Alliance (RYT-200)

Eligible for Grad-Level Credits

All training coursework can count towards credit! You may elect to add on graduate-level professional development credits to this training for an additional cost.



A Journey Tailored To You

As an organization by educators for educators, we have designed our course to provide educators an exceptional learning experience. Our transformative program blends dynamic, community-oriented live Zoom sessions with self-paced on-demand content. Educators gain lifelong access to the curriculum for continuous growth beyond graduation.

School Year Weekend Cohort

- Flexible school-year training
- Duration: 6 months
- Monthly weekend Zoom trainings
- Sat & Sun, 9-1 PT | 12-4 ET
- On-demand self-paced modules

School Year Weekday Cohort

- Flexible school-year training
- Duration: 6 months
- Weekly weekday Zoom trainings
- Mon or Thurs, 4-6:30 PT | 7-9:30 ET
- On-demand self-paced modules

Summer Immersion Cohort

- Duration: 6 weeks
- Cohorts: Mon/Tues or Wed/Thurs
- Weekly Zoom trainings
- 9-1 PT | 12-4 ET
- On-demand self-paced modules



Curriculum Overview

Our course consists of on-demand content, and interactive live sessions that build community and bring the teachings to life. Our curriculum includes self-paced units that consist of instructional videos, readings, reflections, integration activities, downloadable resources, lesson plans, and more. All course materials are included in tuition.

Content Areas

Transformation from Within

- Unit 1: Our Movement & Curriculum
- Unit 2: Transformation of Self
- Unit 3: Transformation of Relationships
- Unit 4: Transformation of Community
- Unit 5: Collective Transformation
- Unit 6: Integration & Renewal
- Unit 7: Becoming a Wellness Champion

Teaching Inclusive Yoga

- Unit 1: Introduction to Yoga
- Unit 2: Yoga Foundations
- Unit 3: Preparing the Body
- Unit 4: Heating the Body
- Unit 5: Balancing the Body
- Unit 6: Putting it All Together
- Unit 7: Sharing Yoga in Community
- Unit 8: Yoga Anatomy Foundations
- Unit 9: Yoga Class Finale Preparation
- Unit 10: Community Teaching Reflections

The Philosophy of Mindful Education

- Unit 1: Philosophy Overview
- Unit 2: History of Yoga & Mindfulness
- Unit 3: Ethical Principles of Yoga
- Unit 4: Connecting To Our Values
- Unit 5: Becoming a Mindful Educator
- Unit 6: Embodying What We Teach

Mindfulness & Meditation in Education

- Unit 1: Meditation Overview
- Unit 2: Meditating with our Breath
- Unit 3: Meditating with our Body
- Unit 4: Meditating With Our Emotions
- Unit 5: Meditating With Our Thoughts
- Unit 6: Establishing A Daily Practice
- Unit 7: Teaching Mindfulness in Schools

Social-Emotional Learning & Facilitation

- Unit 1: B4C's Approach to SEL
- Unit 2: SEL*F Component 1: Settle In
- Unit 3: SEL*F Component 2: Breath Awareness
- Unit 4: SEL*F Component 3: Mindful Movement
- Unit 5: SEL*F Component 4: Community Connection
- Unit 6: SEL*F Component 5: Focus
- Unit 7: SEL*F Component 6: Creative Expression
- Unit 8: SEL*F Component 7: Relaxation
- Unit 9: SEL*F Component 8: Closing
- Unit 10: SEL*F Community Wellness Workshop



Grounded in Research

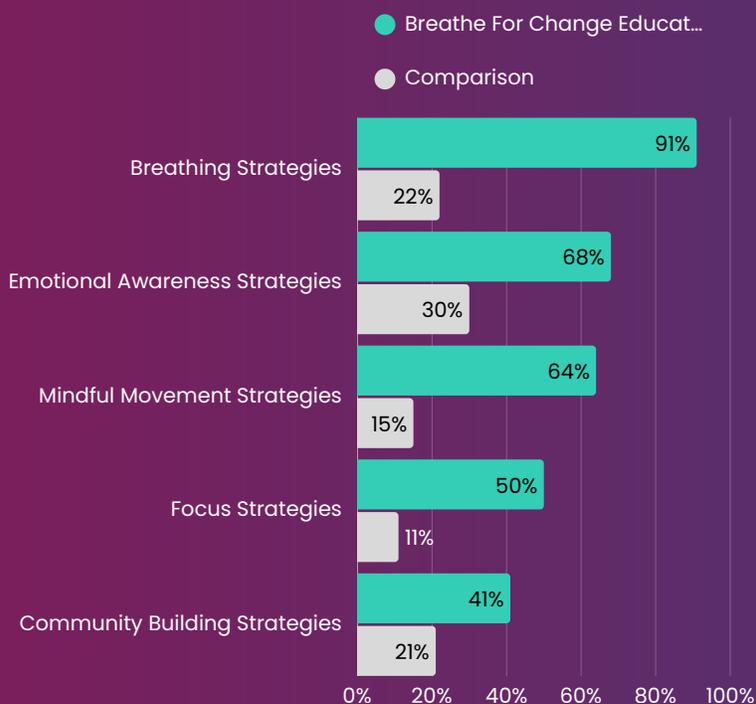
Founder and CEO, Dr. Ilana Nankin's dissertation added to a growing body of research that highlights the critical connection between teacher well-being and student learning. Her research demonstrated the negative impact of educator stress on teaching and learning, as well as the positive impact that enhancing teacher well-being can have on student social-emotional and academic outcomes.

Breathe For Change Meets ESSA Level II & III for Moderate and Promising Evidence



Our programs are recognized as meeting ESSA Level II and Level III standards, demonstrating research-based effectiveness in enhancing educator well-being and improving student outcomes.

Research conducted showed that educators trained by Breathe For Change reported using SEL strategies and wellness practices more frequently than those who were not.



Educators trained by Breathe For Change reported the following student outcomes:



8% reduction in absenteeism

during 2023-24 school year



15% lower rate of chronic student absenteeism

compared to the previous year



92% attendance rate

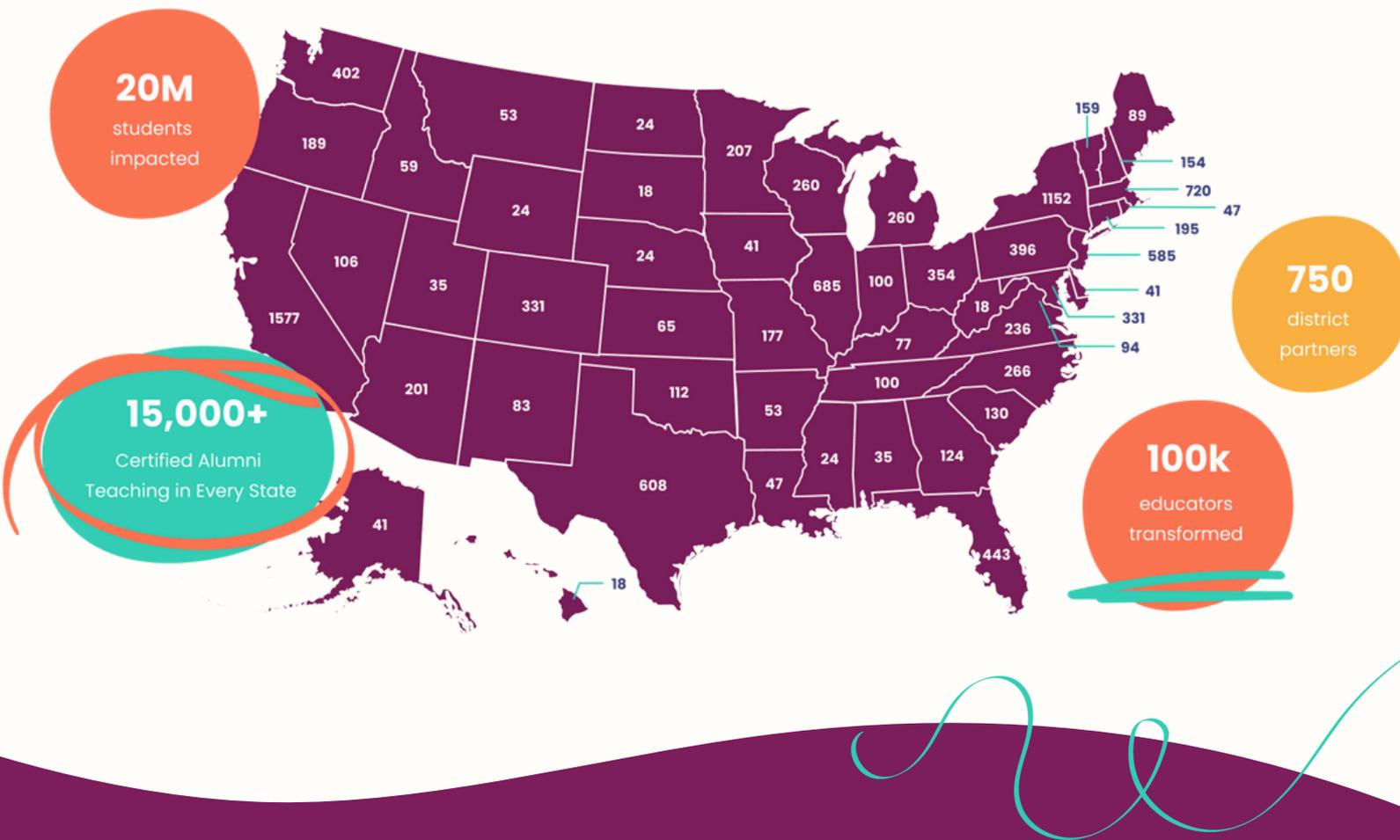
during the school year, significantly higher than control group

Our programs demonstrate a significant potential to reduce chronic absenteeism across all K-12 students, with an even greater positive impact on students who were previously identified as chronically absent.

Read the full study [here](#).

Transforming Education Across the Nation

Breathe For Change has trained 15,000+ educators through the Mindfulness, Social-Emotional Learning, and Yoga Teacher Training, who are positively impacting the lives, learning, and well-being of millions of students.



How Our Graduates are Thriving

We've surveyed thousands of graduates to understand how our training has transformed their lives and work. The results speak volumes.

97%

said it improved their mental, physical, and social-emotional well-being.

90%

said it they feel less stressed and burnt out than they did before training.

89%

said they feel more confident integrating SEL and wellness into their teaching.

95%

said they have reconnected to their passion and purpose.



Teacher Testimonials

"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 schools!**"

Bridget | Middle School Social Worker

"I know myself now better than I ever have. The love and acceptance I experienced was phenomenal! **I would recommend this training to anyone** who would like to live a loving life and impact the lives of others in a positive way."

Beth | 3rd Grade Teacher

"I have truly learned to value myself, which has empowered me to bring substantial change to my community in loving, supportive, and inclusive ways. **My community, my relationships, and my soul are forever changed.**"

Branigan | SPED Teacher

"Breathe For Change is a life-changing experience. You will develop a stronger relationship with yourself, build the confidence you need to inspire social change in your community, and **make connections with educators and leaders ready to tackle injustices in education.**"

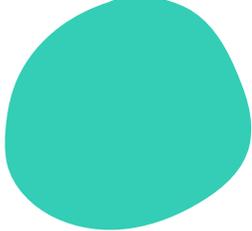
Pam | Elementary Teacher

"This training **rejuvenated my passion for teaching** and provided me with ways to not only help myself but also gave me the skills to show my students that they can manage their emotions!"

Nicole | High School Educator

"**This was a transformational experience that got to the heart of who teachers are and what we are worth.** We now have the tools we need to fill up our cups so we can continue to support our communities who deserve respect, social justice, and love."

Genevieve | Substitute Teacher



Start your journey.

Apply today.

You'll explore funding options, learn more about the training, and get answers to any questions you have.

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