

## 1. Jax Yoga – Calm Classroom Toolkit School-Based Wellness Programs

**Location:** Jacksonville and Springfield (offers statewide outreach)

**What's Available:**

- Onsite or virtual yoga and mindfulness sessions for students and staff.
- Professional development workshops.
- Trauma-informed yoga and social-emotional learning (SEL) integration workshops.
- FREE on-demand video and meditation library for teachers (grouped by age).
- FREE Calm Classroom Curriculum. (Choose from 3 to 20-minute calm classroom activities that can be led by a teacher or be completed using online options.)
- 200-hour Wellness and Yoga Teacher Training. (This is specifically for educators; next session begins summer 2026.)
- Custom curriculum planning.

**Pricing:** Varies by program size and duration. School packages start at **\$150/session** or there are custom quotes for long-term partnerships.

**How to Access:** Email [jaxyogainfo@gmail.com](mailto:jaxyogainfo@gmail.com) to schedule a consultation.

**Website:** [Jax Yoga + Wellness Center](#)

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## 2. Mindful Schools

**What's Available:**

- Online mindfulness training for educators (self-paced and live).
- K–12 curriculum aligned with SEL standards.

**Pricing:**

- Intro Course: **\$125**
- Year-long certification program: **\$2,000**
- Scholarships available for educators in underserved areas.

**How to Access:** Register at <https://mindfulschool.net/>.

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### 3. Calm for Schools

#### What's Available:

- Free access to Calm Premium for teachers.
- Guided meditations, breathing exercises, relaxation music, and classroom resources.

**Pricing:** Free for educators.

**How to Access:** Apply on the [Calm Schools webpage](#).

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### 4. Breathe For Change

#### What's Available:

- 200-hour Wellness and Yoga Teacher Training (specifically for educators).
- SEL and wellness workshops.
- Community of educator-wellness leaders.

**Pricing:**

- Training: Starts at **\$2,495** (Payment plans and scholarships available.)

**How to Access:** Visit the [Breathe for Change website](#) to apply.

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### 6. Yoga Ed.

#### What's Available:

- Classroom yoga cards.
- Online courses on yoga for K–12.
- Lesson plans and video resources.

**Pricing:**

- Yoga Tools for Teachers Course: **\$49**
- Schoolwide licenses available.

**How to Access:** Visit <https://breatheforchange.com/>.

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## 7. GoNoodle

### What's Available:

- Short, guided movement and mindfulness videos for preK–sixth grade.
- Breathing and relaxation tools.

**Pricing:** Free basic version. Premium is available.

**How to Access:** Sign up on the [GoNoodle website](#).

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## 8. Regional Office of Education

### Workshops What's Available:

- Professional development and self-care events for educators.
- Yoga and wellness sessions at educator conferences.

**Pricing:** Varies by Regional Office of Education (ROE) and event. Many are free or low-cost.

**How to Access:** Check your local ROE's website or contact your ROE wellness coordinator.