



DIGITAL SERVICES

SOCIAL EMOTIONAL LEARNING/WELLNESS

About us

Services/ and Programs

Price list

Previous partners

Thank you



Dat Yoga Dude

ABOUT US

Beginning in 2015 Dat Yoga Dude has taught thousands of parents, students, and staff wellness practices and techniques.

Dat Yoga Dude provides digital social emotional learning services through evidence based yoga, and wellness practices.

Our workshops, trainings, and classes improve wellness by decreasing stress, and negative behaviors, and improving academic performance, and emotional well being.



Social Emotional Learning

Yoga/wellness sessions provide support for anxiety and stress through guided practices to help staff reduce stress and develop healthy coping skills for positive social emotional wellness.

- Yoga
- Meditation
- Mindfulness
- Exercise
- Relaxation
- Accountability



Services

Weekly classes

- Yoga sessions
- Student, Staff, and Parent sessions

Assemblies

- Engage youth with SEL skills
- Active and fun!

Trainings and Workshops

- Yelling to yoga (Parents)
- Work place Wellness (Staff)
- Feel free 2 feel free (Prof. Development)



ALVORD OFFER

LIVE SESSIONS \$7497

11 live 35 minute yoga sessions for all staff

- All levels classes
- Includes meditation and mindfulness
- Live instruction

PRE RECORDED SESSIONS \$5547

12 prerecorded sessions plus 2 live sessions

- 35 minute pre recorded sessions of engaging and peaceful yoga
- 1 live introduction session
- 1 live session for youth or parents
- Yoga transcripts
- Breathing and wellness guides

Price reduced by 50% for 6 sessions



A Few Partners



RIALTO UNIFIED

K-12 district serving 25,500 + staff



MORENO VALLEY UNIFIED

K-12 district serving 34,000 + 3000 employees



SYLVAN LEARNING CENTER

National education tutoring centers for k-12



LEARN 4 LIFE

youth and adult charter school for various learning options



Dat Yoga Dude

THANK YOU!

Sign up today for more information @

www.datyogadude.com

Call now for free consultation!

951-264-5467

