

ABOUT US

SKY Schools empowers teachers and students with practical tools to manage stress and emotions, fostering a healthy body, a healthy mind and a healthy lifestyle.

As teachers and students learn how to improve wellness and performance, they exhibit greater confidence to succeed and make healthy choices when faced with life's challenges.

The premier SEL and breathwork program in the USA. since 2008.

SKY SCHOOLS EDUCATOR COURSE VIDEOS



See SKY in action

*Practice
Breathing*



MORE INFORMATION



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www.skyschools.org



"The absolute best staff development that I have ever done in my 25 year teaching career."

*Sheri Mulroe
PE Teacher
Palo Alto High School, CA*

sky SCHOOLS **BREATHING** LIFE INTO **EDUCATION**



EDUCATORS

ALL SCHOOL STAFF, TEACHERS,
PARENTS, ADMINISTRATORS,
COUNSELORS, AND BOARD
MEMBERS

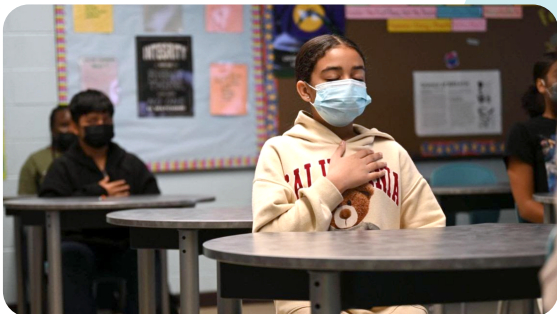
STRESS: THE SILENT ENEMY

Teachers are burning out and turning over at alarming rates.

SKY Breathwork and Wellness for Educators improves health and wellness for adults, promoting resilience and restoring a culture of peace in schools, families and communities.

Experience the SKY course with your staff to:

- manage stress and emotions
- strengthen healthy choices
- uplift morale
- generate connectedness
- foster open, dynamic teamwork and communication
- increase job satisfaction and well-being



SKY EDUCATOR CURRICULUM



- Discussions to increase awareness in every aspect of your life
- SKY Breath Meditation (TM) - rhythmic patterns of breath bring the mind and body into a balanced and relaxed state
- Light stretching and movement
- Interactive processes and games
- Intro to SKY Student Curriculum

ONGOING SUPPORT

Course Sessions:

6.5 hour program across 3 days

Weekly Live Breathwork:

Join a community of teachers

SKY Daily Reset App:

For individuals and Schools



SKY BREATHWORK RESEARCH RESULTS

- Improves cholesterol profile
- Enhances immune system
- Relieves anxiety and depression
- Reduces levels of biochemical markers of stress
- Increases mental focus
- Reduces PTSD symptoms

See our Website



UCLA AND YALE RESEARCH ON SKY BREATHWORK

- ✓ Improves Deep Sleep
- ✓ Develops Self-Regulation Skills
- ✓ Increases Empathy

See our results

