



FOR IMMEDIATE RELEASE

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Announcing FREE On-Demand Mindfulness Videos for Title 1 Educators

Rockville, MD -- To meet the urgent need for accessible social-emotional education, Create Calm Inc. has produced professional short and full-length videos for schools. This comprehensive video library includes evidence-based mindfulness and movement strategies for teachers, therapists, counselors, parents, and their students. The on-demand library provides valuable resources for improving mental and physical health in our communities and is available through a secure subscription service that we are now offering for free to Title 1 educators.

The Create Calm School Subscription Service provides simple and direct access to tools for greater calm, focus, self-regulation, and physical and emotional health. The on-demand format allows 24-7 access to developmentally appropriate content, suitable for all ability levels.

Create Calm's diverse teaching team brings compassion, empathy, and healing through their lessons, ensuring that all students feel welcome and safe. This service allows Title 1 Educators to bring SEL (Social and Emotional Learning) to their students at any time during the school day. The lessons are founded in Montessori and Kundalini Yoga pedagogy and developed by leading experts in the fields of education and mindfulness.

These educational videos address anxiety, depression, anger, and focus -- major challenges for our students today -- and reinforce social justice and anti-racism practices. Professional instructors build community and connections through purposeful, playful, and inclusive mindful movement sequences.

"Just wanted to let you know my students absolutely loved the videos especially the Yoga Mountain Story!" DC Public Charter School English Teacher. "Social, emotional and cognitive competencies develop throughout our lives and are essential to success in our schools, workplaces, homes, and communities and allow individuals to contribute meaningfully to society." Aspen Institute (2017) Report.

View more information at [Create Calm School Subscription Service](#).

Contact info@CreateCalm.org for specific questions: request a Title 1 subscription or bring Yoga Education for Schools to your community.



Create Calm Inc. is a 501(c)(3) nonprofit that positively impacts wellness in children and adults through mindfulness-based behavioral health education programs in schools and communities, empowering students to be CALM -- Confident, Active, Loving, and Mindful.