

# **Memorandum of Understanding**

## **Mindfulness and Yoga Program**

**Between Bambini Yoga Project and San Pedro Elementary School**

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This Memorandum of Understanding (MOU) sets forth the terms and understanding between Bambini Yoga Project (BYP) and San Pedro Elementary School (SP).

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### **Background**

Bambini Yoga Project is a non-profit organization created to provide mindfulness and yoga programs to school children. We seek to bridge the inequality gap that exists within our local school system regarding the programs and opportunities offered within each individual school. Social Emotional Learning models have statistically proven successes in regards to academic performance, positive decision making and behaviors, and confidence that moves well beyond the classroom. Our goal is to empower students to move forward with courage and confidence building the skills necessary for a successful and productive future.

### **Purpose**

To facilitate weekly yoga and mindfulness classes at San Pedro Elementary School for TK, Kindergarten, and 4th grade from the week starting October 1, 2018 to June 14th, 2019. This programs will involve movement, music, games, interactive play, and the introduction to mindfulness strategies and techniques.

## Goals

To enrich the academic experience by incorporating a holistic approach to learning through yoga and mindfulness practices. To empower strong bodies and strong minds. To inspire connection, creativity, empathy, compassion, and positivity in school environment and beyond.

### ***Bambini Yoga Project will provide the following:***

- Weekly yoga and mindfulness classes to TK, Kindergarten, and 4th grade for the 2018-19 school year. Program will commence October 1, 2018 and end May 31, 2019.
- Experienced instructors who have experience and a passion for working with children in our community
- Trained, professional staff in the areas of mindfulness and yoga

### ***San Pedro Elementary School will provide the following:***

- Collaboration from the teachers in assisting the BYP's staff to ensure a fulfilling and enriching experience for the student
- Assist in giving feedback so that the program is most productive to the for the students, teachers, staff and administration

## **Reporting**

San Pedro teachers will answer a short questionnaire in October, January, and June to assist BYP in the evaluation of the program, staff, and progress being made within the classroom

BYP staff will evaluate the progress being made in the classroom and provide any necessary feedback to assist in the improvement of the learning experience

## **Funding**

CONTRACTOR: Bambini Yoga Project

CONTRACT TITLE: Mindfulness + Yoga Classes

San Pedro Elementary School shall pay CONTRACTOR as follows:

The total expense for the program for the 2018-19 school year is \$10,240. San Pedro Elementary School will pay Bambini Yoga Project \$5000.00 to supplement the cost of the program. The program will run for 32 weeks. The total cost per week is \$156.25. Program will be billed every month based on the number of weeks in that month.

Payment will be made on a monthly basis. Check will be made to the Bambini Yoga Project and will be issued within 10 days of receiving invoice.

### **Contact Information:**

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\_\_\_\_\_ Date: \_\_\_\_\_

Jessica Cox, President

Bambini Yoga Project

\_\_\_\_\_ Date: \_\_\_\_\_

Marie Melodia, Principal

San Pedro Elementary School