



Todd Scholl is a veteran public educator who has facilitated over 100 sessions on mindfulness in education to schools and businesses across the state. He has also helped facilitate three teacher retreats. He is the founder of Teachers Aligned, an independent organization with the goal of connecting educators across the state who are interested in mindfulness, trauma-informed practices, restorative justice, social-emotional learning, yoga, neuroscience, psychology, and teacher wellness.

Class Description: The mindfulness meditation class is geared for all experience levels. This secular practice, rooted in a variety of spiritual paths, is supported by neuroscience to combat stress, and make space for more peace and joy in our lives. Participants may bring their own cushions or use meditation benches or bolsters. If you have questions, reach out to toddscholl@gmail.com