

Hello,

You have been gifted Inner Explorer's mindfulness practice for classroom. Welcome onboard!

Inner Explorer's mission is to unlock academic potential and foster lifelong well-being for millions of children, teachers and families by teaching mindful awareness (which is simply present moment openness and curiosity). Internet enabled, 5 to 10-minute audio sessions deliver curriculum neutral content, and can be used anytime during the day. You log in, press "Play" and follow the mindfulness program with your students.

Each day, the class is guided through an age and stage appropriate practice. The four Inner Explorer program models (Pre-K-Kindergarten, Elementary School, Middle School and High School) follow the same sequence; beginning with breathing and relaxation exercises and gradually progressing through the series to awareness of senses, thoughts and emotions, the environment, compassion and connection to all. Each program meets the student where they are emotionally and cognitively.

This research validated program not only decreases stress and behavioral incidents it enriches academic success. While the implementation is simple, the results are dramatic. Participating students improved grades 11% overall and 15-20% in reading, math and science. The best part of our program is that daily practice can lead to up to 43% less stress and 50% less student behavioral problems in your classroom. What a great way to start the New Year!

To activate your gift, simply go to our [Get Started registration page](#), enter your information in a Classroom Edition program and click "Get Started." Enter your gift code mentioned on the email in the Promo Code field and make sure the \$10 monthly plan is selected. Click "Proceed to Pay" and your code will bypass our payment requirement. You will now have a two-month license to use an Inner Explorer teacher account in your classroom!

What happens when my license is up?

Our platform will automatically prompt you for payment. If you have another Gift Code, feel free to enter it at that time.

What next?

You can learn more about Inner Explorer, our programs, our founders and our mission by logging onto our website at InnerExplorer.org. Or you can log in and get started.

Welcome to Inner Explorer!

- The IE Team