



Let's outsmart stress and learn to live healthier lives together

Inner Explorer is the easiest way to reduce teacher and student stress, help strengthen self-regulation skills and improve academic performance through the daily practice of mindfulness. Whether it's on a computer, tablet or phone, Inner Explorer is always close at hand. Just press play

The program is simple and delivers measurable results

The Inner Explorer program is a series of **daily 5-10-minute audio-guided mindfulness practices**. The program focuses on key areas to help you and your students prepare for learning, providing techniques to appropriately process stress, anxiety, negative feelings, anger and more.

- Breathing/relaxation exercises
- Awareness of senses, thoughts and emotions
- Compassion and connection to all



15% INCREASE
in average G.P.A



60% DECREASE
in behavioral issues



43% DECREASE
in teacher stress



28% HIGHER GRADES
in reading, math and science

Inner Explorer is easy to implement and fits any curriculum:

- No training or prep work required for the teacher.
- No changes to planned curriculum.
- Easily fits into transition times within current schedules.
- Age-appropriate programs for Pre-K, Elementary School, Middle School and High School.
- 90 tracks range from practicing breathing and relaxation to understanding emotions, gratitude, focus, empathy and much more.

“The daily practice of mindfulness, made easy by the Inner Explorer classroom program, has provided our teachers and students an authentic and real approach in which to cope with the challenges of performance in the classroom, in sports, and in life.”

- Vera Hirsh, Principal
The Academy for International Education Charter School, Miami Springs, Florida
Miami-Dade County Public Schools, 3rd largest school district in the nation