



Oakland Unified School District

Board of Education
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Legislation Text

File #: 14-1080, **Version:** 1

Ratification by the Board of Education of a Professional Services Contract between the District and Nurtured Being, El Cerrito, CA, for the latter to provide 44 classes at International Community School, Rusdale, and Oakland High Schools staff (and OHS students) weekly yoga classes that will include physical posturing to correct common workplace misalignments, breathing and centering exercises, and mindfulness practices and introduce staff to a rejuvenative, physically-rooted outlet for stress release and stress management techniques, for the period of February 19, 2014 through June 13, 2014, in an amount not to exceed \$1,250.00.