

Prospectus



Teen Yoga Ambassadors

Course

Devised by Charlotta Martinus and Ed Atkins





TEEN YOGA AMBASSADORS COURSE

▮ THREE LEVELS

- 1 The first level qualifies the graduate to share yoga tips with their peers to alleviate mental health challenges. The applicants must be between the ages of 14 and 21 and have at least six months experience of yoga. Level 1 and level 2 cost £250 per person per course with three bursary places on each course. There is a maximum of 12 people on each course. The course is accredited with UCAS and the Duke of Edinburgh Award Scheme.
- 2 The second level can be accessed by those who have successfully completed the first level. This course qualifies students to deliver short 10-minute yoga sessions in their school. These sessions are primarily focused on optimising mental health.
- 3 The 3rd and final level is a full one weeks' face to face residential course training a student to deliver 30 minute yoga classes specialising in optimising mental health. This final level allows the student to complete the Universal Yoga 200 hour teacher training course at a reduced rate. This third level costs £1000 as a fully inclusive residential course.

Y TEACHING FACULTY



Charlotta Martinus, Master of Yoga, has taught teenagers since 1987 and her colleague and co-creator, **Ed Atkins** has been a yoga and school teacher for ten years, teaching in various areas and ages across the UK. Charlotta is the founder of the TeenYoga Foundation and the author of "TeenYoga for yoga therapists" and has taught over 10,000 young people yoga. **Dr Nick Kearney**, has a PhD in online learning and is a yoga teacher and has designed the online element of the course.

◎ AIMS AND OBJECTIVES

The aim of these courses is to empower young people to share simple and accessible evidence based practises with their peers to support and encourage optimal mental health. The objective is to create a supportive, collaborative, meaningful and harmonious culture of wellbeing in schools and universities through peer to peer support.

👁 VISION

The vision of the Teen Yoga Foundation is to enable young people to flourish and thrive through understanding the physiology and chemistry of the body and mind in relation to ancient wellbeing practises so they are able to apply necessary tools to help themselves and each other through tricky times. At the Teen Yoga Foundation we believe in the eternal hope, joy and optimism that is inherent in the adolescent years and look to bring them to the fore at every opportunity to create an atmosphere of support and compassion. We also believe, ultimately, that peer to peer support and influence is far more effective than adult interventions.

🎓 HOW WE TEACH

The faculty consists of school and yoga teachers with over 30 years' experience between them. We believe that the way something is taught is as important as the subject taught. We have teamed up with experts in online learning to make sure that our offering is stimulating and effective, with co-learning and student-led learning at the forefront. We love to co-create with our young students. Using audio, video, interviews, PDFs and group work, the young people will forage for information and gather inspiration in various places with help of their tutors in small and guided groups of no more than 12. We try not to keep the students online more than absolutely necessary. We think you will love our approach!

LEVEL 1

The first level of this course involves either three weekends online or two days face to face. The online course consists of three hours each Saturday 10:00 AM to 1:45 PM for 3 Saturdays in a row. Offline the students will be required to complete group assignments and individual assignments as well as reading the workbook.

The students will learn how to **teach certain key asanas, visualisations, mudras and breathing techniques** to support those who experience anxiety, low mood and feelings of loneliness.

TOPICS COVERED

What is stress? – we will look at the physiological explanation of stress and how yoga impacts stress in the body and mind.

What is yoga? – we will take a look at the origins and history of yoga.

Why is sleep important? – the science behind sleep.

What is the relaxation response? – understanding the parasympathetic nervous system and how to hack it!

Boundaries/therapeutic holding – understanding how not to take on other people's issues and how to be a good listener.

Good diet – how what we eat impacts our mood and wellbeing.

+ OTHER

An introduction to yoga philosophy, focusing on certain yamas and niyamas and their relevance to teens today: Tapas, Ahimsa and non-attachment.

Time will also be dedicated to exploring a range of yogic practices including: Mudra, Karma Yoga, Visualisations, Mantra, and Tratak.

The course will also introduce students to the evidence base for yoga as a mental health intervention.

LEVEL 2

As above, taught over two days face to face or three Saturdays online.

£250 with three bursary places on request.

TOPICS COVERED

A brief overview of mental health issues common to young people and their definition including anxiety, depression, bullying, overwhelm, isolation and academic pressure.

How to create short classes to combat specific issues, tailored to those specified above.

Lesson planning and sequencing of asanas, including how to adapt postures and any counter-indications

Students will learn through practice a range of effective **breathing techniques**

Physical and psychological safety in the classroom

Basic yoga philosophy, building on what was introduced in the level 1 course. Here we explore the other yamas and niyamas, and introduce some key ideas from the Yoga Sutras as well as other core yoga texts.

More evidence base for yoga for young people's mental health.

LEVEL 3

Consolidation of all the aspects of yoga theory and practice introduced in levels 1 and 2.

Learning how to design and plan complete yoga classes to enhance wellbeing for young people, including visualisation, relaxation, asana and breathing practises. As in a full Teacher Training Course, students will gain experience and confidence through teaching each other, and will receive detailed, supportive feedback as well as scripts for visualisations and guided relaxations.

Learning daily self-care rituals such as meditation, breathing exercises and energy exercises. These are integrated into the structure of each day, and **students will gain sufficient experience of these to be able to continue their independent practice once they complete the course.**

Deepening understanding of yoga philosophy and psychology including how to integrate in daily life.

To join or enquire, please don't hesitate to contact us at info@teenyoga.com

Welcome to the TeenYoga family!