



Teen Yoga Ambassadors

Train With Us. Change the World



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# TEEN YOGA AMBASSADORS TRAINING

Creating a collaborative culture of wellbeing in schools and universities through peer to peer support.

- 🧘 Do you want to feel more confident and relieve anxiety?
- 🧘 Are you passionate about learning how our bodies work and how the body and breath can benefit everyone?
- 🧘 Do you love yoga?
- 🧘 Would you like to share the magic of yoga and mindfulness tools with your friends to help them feel strong?

If you've answered **YES** to any of the above questions this course is for you.

*"I know, first-hand, what it is like to suffer from bad mental health. Yoga transformed my life – my deep desire is to introduce it to others so that they can benefit from it like I did too".*

**Shivani**

## What to expect

This unique course offers young people aged 14-21 the chance to train specifically **to teach wellness techniques to their peers, empowering** them to share simple and accessible evidence-based practices to support and **encourage optimal mental health** - with the author and founder of TeenYoga, Charlotta Martinus and yoga and school teacher, Ed Atkins.

*This course is endorsed by College of Medicine and is in the process of becoming accredited by the Duke of Edinburgh and would be an asset on your UCAS form.*

## How you will learn

The Teen Yoga Ambassador course goes beyond the usual online offering, using a community approach to ensure the same high quality interactive experience that Charlotta has always provided. The course is **practical**, with a theoretical evidence base. This means you will spend time on the mat investigating and experiencing yoga but also explore how yoga can be shared off the mat. You will be supported beyond the course in an online forum and with optional ongoing mentorship.

## Who are your Teachers?

**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 to various age groups across the UK. Both are enhanced DBS checked, fully insured and accredited as Senior teacher trainers.

**Charlotta is the founder of the TeenYoga Foundation** and the author of "Teen Yoga 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; he has designed the online element of the course.



# THE COURSE

There are 3 levels, to be completed in order. It is not mandatory to complete all 3 levels.

## Structure

## Qualification

### Level 1

Live online sessions delivered via Zoom on **3 Saturdays (4 hours)** and **practical home assignments**. During this period the student will need to **dedicate approx. 10 hours to the course**. Using audio, video, interviews and group work, the trainee ambassadors will hunt for information and gather inspiration in various places with the help of their tutors in small and guided groups of no more than 12.

Upon completion of Level 1, the Teen Yoga Ambassador will be qualified to **share yoga tips with their peers to alleviate mental health** challenges such as overwhelm, anxiety and sleeplessness.

### Level 2

Level 1 and 2 are offered as a **blended learning course**. Same structure as Level 1.

TYA Level 2 students will be qualified to deliver short **10 minute yoga sessions in their school**. These sessions are primarily focused on optimising mental health and increasing resilience.

### Level 3

**Level 3** is a residential in-person **5 day retreat**.

TYA Level 3 students will be qualified to deliver **30 minute yoga classes** specialising in **optimising mental health and building resilience and joy into the lives of their peers**.

### Further Development

Level 3 qualifies the student to complete the Universal Yoga 200 hour Teacher Training course at 50% of the normal price.

## Live sessions will include:

- 🔥 Taught practices of physical yoga, breathing techniques, and meditation
- 💬 Group discussions and feedback
- 📍 Evidence based techniques to combat common mental health issues
- ⚡ Learning about how stress happens and its impact on the body
- 👤 Teacher led discussions

## READY TO APPLY?

Here is what to do next.

Go to <https://www.teenyogaambassadors.co.uk> for the next available course dates and to fill in the application form. This can be completed by the Teen Yoga Teacher or Young Person.

## Days and Times

- 🌀 **Module 1:** 3 Saturdays 10:00-14:00
- 🌀 **Module 2:** 3 Saturdays 10:00-14:00
- 🌀 **Module 3:** Monday-Friday face to face residential course.

## Offline assignments:

Complete group assignments and individual assignments as well as reading the workbook.



## Fees

- 🌀 **Module 1:** £250 blended live/offline learning
- 🌀 **Module 2:** £250 blended live/offline learning
- 🌀 **Module 3:** £1,000 fully inclusive residential

*Maximum participants: 12*

If you want to learn more about the **game-changing** benefits of yoga and share them with your friends . . .

**APPLY NOW!**

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## ADDITIONAL INFORMATION

### Bursaries

Bursary places available upon request.  
Please contact TYF via the applicant link.

### Diversity and Inclusion

The Teen Yoga Foundation aims to be accessible to all. We are committed to taking active steps to promote inclusion, leadership and representation.

We embrace and represent a diverse community including all aspects of our commonalities and differences: including those related to race and ethnicity, age, gender / identification, mobility/ability, size and shape.

We seek to train, learn from and support a diverse community of Teen Yoga Ambassadors so that we may more fully meet the needs of diverse communities.



Teen Yoga Ambassadors



[www.teenyogaambassadors.com](http://www.teenyogaambassadors.com)



[info@teenyogaambassadors.com](mailto:info@teenyogaambassadors.com)



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