

Course Prospectus



ONLINE COURSE 2020

Devised by Charlotta Martinus
and Nick Kearney



INTRODUCTION

🦋 COURSE GENESIS

The TeenYoga course was the first of its kind in 2003, and is now in its 17th year.

In 2003 Charlotta was asked to deliver yoga classes at her local secondary school in the UK, finding that there was a need but little interest. The teens showed signs of being less focussed, more anxious and more prone to behavioural issues than when she taught in schools ten years previously. She rapidly gathered counsellors, teachers, parents and teens themselves in informal chats to get to the bottom of what was going on. The requests for yoga kept coming in, within a few years, every secondary school in the Bath area was offering yoga. More teachers were needed, Charlotta started to train them. Very soon after that in 2007, Jo Manuel of Special Yoga contacted Charlotta to ask whether she would run her course in London.

The course grew and changed according to rich and important feedback from professionals on the course, who brought their own expertise to the manual and the content in the fields of anatomy, physiology, neuroscience, therapy, psychology, yoga and education. In 2013 Yoga Campus invited the course to join them. At the same time Charlotta graduated from Heather Mason's Yoga Therapy for Mental Health course, and she simultaneously started her position as a yoga therapist for mental health within the NHS at Callington Road Hospital in Bristol. In 2015 Dr Dan Siegel joined the faculty and continues to give a lecture on mindfulness and the adolescent brain. The course continues to grow and evolve according to research and issues that arise in society in the UK and abroad. In 2018 Charlotta's book Teenyoga was published by Singing Dragon.

👁️ BRIEF OVERVIEW

The Teen Yoga course is structured to enable you to teach yoga to 11-18 yr olds. The course focuses predominantly on the more challenging age group of 13-15. The course has been shaped by blending cutting edge research in the field of adolescent neuroscience and yoga, socio-economic insights, psychological factors with basic classroom know-how in this deep and varied course. We work from the principle that as you are interested in this age group, you already have a tremendous amount to offer them and we are very keen on sharing your experiences and knowledge within the framework of the course. We very much hope that this course will give you the confidence and the wherewithal to teach in schools and impart the infinite wisdom which lies at the heart of Yoga.



This course is completely unique, **it aims to be as thorough and comprehensive as possible using experiential techniques for learning and weaving in mindfulness techniques to include in your teaching package.** Charlotta Martinus is an expert in the field of adolescent mental health and yoga in schools. She finds working with adolescents deeply rewarding and finds the relationship with the students extremely exciting and nurturing to her own sense of fun and authenticity. The course steers well away from the franchising, fixed model of repeating learnt procedures and attempts to empower the teacher to use all her/his skills mindfully to reach the teenager specifically at that moment in time at the same time as offering new skills and ways of approaching this population. There is an ongoing mentoring system after the course is finished in the form of telephone, email and facebook support.

There are a few children's yoga teacher training modules available to the student at present, but few are specifically targeted at the teenager. While working with KS1 and 2 (primary school children) is very rewarding and can deeply enhance their experience of life, it seems that it is in the adolescent years, that we need the most support and guidance as to how to care for ourselves physically, mentally and emotionally.

Adolescence is a hard time for most young people, a time of transition out of the accepted guidance of parents and teachers, into a more independent sphere, where new ideas and structures are welcomed and embraced as a relief from the old. **Yoga can offer an age-old tradition with answers to many of the concerns that the adolescent population are facing.**

The physical exercise of yoga appeals to many different groups, such as

- 👤 the athletic, as a form of repair and warm up, to enhance performance and reduce injury
- 💖 the non-sporty, as a form of easy exercise
- 🩹 the injured, as a form of therapy for their injury

The relationship between yoga teacher and student is often likened to the third guru relationship (mother 0-7 years, father 7-14, guru 14-21). This works because yoga is seen as an anarchic and alternative life view, with an attractive and comprehensible worldview. With idols such as Ryan Giggs, Daniel Craig, the England rugby and cricket teams using yoga regularly, it has also become quite accepted among the male population, especially in conjuncture with their regular training on the field for sports such as rugby and football.

Many graduates find this course is an opportunity for them to grow and understand their own development as a teenager and bring that wisdom into their teaching, introducing a deeper respect and compassion for this population. We do some work around this in a simple and non-invasive therapeutic way.



THE ONLINE COURSE

In response to extensive interest, in 2019 Teen Yoga developed an online version of the TeenYoga course, also led by Charlotta Martinus. Working in collaboration with Yogacampus, our aim is to make the course more widely accessible, particularly outside the UK.

The TeenYoga Online course will train you to mindful teach yoga to young people. It has been constructed with the help of specialist adolescent Neuroscientists, Anatomists, Psychologists and Yoga Teachers and experts in online learning. The course goes beyond the usual online offering, using a community approach to ensure the same high quality interactive and participatory experience that Charlotta has always provided.

The Teen Yoga online course is both practical and theoretical – meaning you will be spending time on the mat investigating and experiencing sequences frequently used with young people, as well as engaging in group projects and discussion with your peers and individual reflection, with continuous tutor support in forums and one-to-one tutorials. You will also be learning through visual lectures and audio meditations, and seminars with Charlotta. This unique combination of learning techniques will provide you with a much deeper and grounded understanding of the complexities and intricacies of teaching yoga to adolescents. The course is based on in-depth coverage of the research evidence relating to adolescent development and yoga and over 15 years of hands-on experience in this field. Areas covered include adolescent psychology, anatomy, neurobiology, emotional and social development and classroom behaviour and logistics.



AIMS OF THE COURSE

The course is directed towards healthcare professionals, yoga teachers, school teachers, parents and anyone working with young people. The aim is to train professionals to support young people in their mental and physical health through the use of therapeutic yoga. The techniques taught on this course are widely and easily applicable by yoga practitioners. We believe that yoga offers a toolkit which empowers and alleviates stress in young people if delivered correctly. We would like to see a whole school approach to yoga in every school, supported by government initiatives. This would help teachers and students cope better with high social and academic demands and reduce pressure on the NHS (CAMHS in particular) as well as empowering teachers to deliver a wellbeing programme to their students and staff. We would also like to see school nurses and mental health staff trained in yoga for young people, in order to alleviate the current situation.

We would like to give you the student, an insight into how to adapt your yoga into a therapeutically specific system for issues and challenges that may arise commonly among this population such as: self-harm, early pregnancy, young carer situation, victim of abuse, victim of bullying, stress derived from academic or family pressure, general non-specific somatisation or general anxiety. A normal yoga class is seldom enough to really address any problems that may be arising among a normal young population. Kids' yoga is also worlds away from what is needed in a class for teenagers.

We hope to embolden the teacher to share more deeply and specifically their own passion and knowledge for yoga with this age group. Further, I believe that the yoga and mindfulness for the teens will increase academic performance, deepen trusting relationships, reduce stress and create harmony in the school. It is important to note, however, that we encourage the teachers to take part in their own yoga sessions, so that the understanding and application of the methods is congruent through the school.

We also aim to offer a toolbox of ideas and information ensuring the teacher feels deeply connected with this population. The course is more than a training course in how to teach asanas, it is also an exploration in how to share the philosophy and psychology of yoga to ensure a more positive mental health for the students as well as a healing journey for the graduate into their own adolescent years.

COURSE OVERVIEW

🎯 OBJECTIVES

For professionals within the realms of medicine, therapy, education, social care and nursing to be able to deliver yoga and mindfulness in an engaging and meaningful way coming from an evidence-based approach. We hope **to promote a healthy school environment based on the principles of the ancient science of yoga**. The ultimate objective is for yoga to become more widely accepted than it currently is in youth contexts through a mindful and delicate delivery.

💡 DESIGN

An online course can be challenging to design, if you want it to be dynamic, interesting, engaging and relevant to people from all over the world. To this end, we engaged Dr Kearney to bring together the information in a modern and useful way which enhances the learning process and helps the student really feel that they are supported and guided appropriately. You will be expected to be present once a fortnight for:

- **Group presentation** on Monday morning at 8am or 6pm
- **Webinar with Charlotta** on Tuesday at 8am or 6pm
- **Tutorial with your tutor** at a time which you agree prior to the start of the course.

(the times and dates of the group presentations and webinars are on the website for each separate course)

The rest of the course can be studied in your own time. You will dedicate approx. ten hours per week to the course over a ten-week period, whether in direct contact with Charlotta or your tutor or together with your group online or in reflection or in your yoga practice.

You will be expected to record and share certain practices as well as watch films and comment on them. There will be writing and reflection tasks and one live group session, sharing your group work and one live webinar with questions per module. These are obligatory. One module takes two weeks to complete. In total, you will spend approximately 100 hours dedicated to this course, which is more than the face to face course. The more important difference, however, is that you will have your own tutor, with whom you can discuss your specific issues. All tutors have experience as yoga teachers, school teachers and as teen yoga teachers and have been trained and mentored by Charlotta.

🎯 LEARNING OUTCOMES

You will learn:

- **To be confident in delivering various length of yoga or mindfulness class** to any age group between 11 and 22 in various contexts
- **To have some understanding of therapeutic adjustment** and application within the class
- **To be able to set up and run courses with specific outcomes in mind** (anxiety reduction, behavioural adjustment etc)
- **To understand how to support young peoples' mental health using yoga**
- **To understand the breadth and depth of yoga**, applying all aspects to young people (non-asana)
- **How to use yoga within educational contexts**
- **How to use yoga within medical contexts**

This is not a full Teacher Training Course, which means that those who have not yet taken a teacher training course may find the need to do some more background work on the principles of yoga. **The course assumes knowledge of the yoga postures and techniques, and focuses on how to bring these to young people appropriately.**

The intended learning outcomes are for the graduate to be able to APPLY therapeutic yoga to this population accurately, responding specifically to the problems arising, so being completely present and with the intention of expansion and compassion.

The aim is that the graduate develops a toolbox of materials to use in the classroom, including class structures, mindfulness techniques, games, behaviour management tools, as well as insight into the Teen mind, and ideas of how to share yoga philosophy and psychology with the group. Everyone should feel fully confident to walk into a classroom and start to teach. The contents of the lesson will be well-rounded and rigorous, deeply integrating all aspects of yoga, leading to greater well-being of the student.

The experience of these classes will enhance concentration in the classroom, self-esteem, respect for others as well as the ability to relax completely.

We also hope that the graduate may come away with a deeper understanding of their own teenage years and the impact it has had on their subsequent development.

TEACHING STYLE

The course is student-led, with a great deal of **focus on group work and experiential learning**. There will be some lectures, some practical work, as well as pair work and individual reflection.

CONTENT

The focus of the course is on 11 to 22-year olds with a specific focus on the 13 to 15 years age group. Participants are encouraged to reflect on their own younger years and their perceptions of young people today. This is a student led course, so all interests and needs of the students are catered for, as much as time allows. This course consists of 5 modules, each with a topic and theme. The course is to some degree student-led and is both practical and theoretical in equal measure.

- **Module 1 – Socio-Psychology of the teen and impact of yoga on teens**
- **Module 2 – Anatomy and yoga therapy**
- **Module 3 – Neuroscience and Mindfulness**
- **Module 4 – Yoga Philosophy and non asana yoga classes**
- **Module 5 – Marketing and bringing yoga to various contexts and support**

CONTENT DETAIL

This course aims at being as comprehensive as possible, introducing:

- **Anatomy and Physiology** of the teen
- **Psychological and emotional development**
- **Techniques for order and discipline using yogic philosophy** of compassion and understanding
- How to **introduce philosophical discourse** involving yoga philosophy
- How to **teach pranayama and asana**
- **Differences** between **being a teen today and in the past**
- Examination of **issues encountered in adolescence**
- **Challenges and joys of teaching yoga in schools**
- Applying **chakra wisdom to teens**
- How to **market your course**
- How to **apply yoga to different groups of teens**
- Cutting edge research in the **neuroscience of the teenager**
- **Sociological issues** that may impact the young person
- How to **structure a 10, 20, 30 or 60 minute class**
- How to **introduce meditation and mindfulness**
- **Therapeutic use** of yoga for teens
- **Adaptation** of traditional postures, breathing techniques, relaxation and visualisations to **engage teens**
- **Safety aspects of teaching children**
- **Child protection**
- Sharing Yamas and Niyamas as well as other, **general philosophy with young people**
- How to **access funding**

This is a participant-driven, evidence-based course, developed by excellent and empathic pedagogues with decades of experience both in the field of education and yoga. The course is perfectly paced to allow students to embed and embody a vast and rich field of knowledge accurately and to their own ability. It allows you to explore your own fears and reservations as well as build your resilience and empathy in working with teens.

For many, yoga proves to be a life changing tool. In the face of abuse or other trauma, yoga gives a toolkit to teens to change their path in life and head for a more successful, peaceful and joyful future.

This course is designed to build your confidence and fill in the gaps of knowledge, looking at the infinite and classic wisdom of the philosophy of yoga for inspiration and blending it with present cutting edge research and science to give us a full picture of how best to approach this population with the healing science of yoga. At the end of this course you will feel completely confident to run a course, either intra-curricula or ex-curricula.

The course also helps students develop a toolbox of class structures and techniques, appropriate to their needs, to teach young people flexibility, strength, emotional stability, self-esteem and an overall sense of wellbeing through the yoga practice.

You will be required to do some reflective work as a key part of each module after each day, and your teaching will be assessed for certification.

All graduates are obliged to be police checked, have a first aid certificate and fully insured before teaching children.

PRE- REQUISITES

The course is aimed at practitioners who have a strong basic understanding and respect for yoga and a keen interest in young people. For this reason the basic requirements are;

- At least **two year's yoga practice and a teaching degree/experience**
- or
- **a yoga training of any tradition,**
plus, preferably
- **an interest in, and some experience of working with teens.**

If you are not sure if you fulfil these criteria, please feel free to contact the Course Tutor and have a preliminary interview to ascertain whether this course is for you. Please call 01761 470658 for a chat.

QUALIFICATION

You will receive a **formal certification from Teenyoga** which enables you to teach mindfulness and yoga to children from the age of 11 to 22. It is **accredited by Yoga Alliance USA, UK, Australia, New Zealand, Canada and South Africa** as well as **level 3 Sports Coach, Sport England.**



COURSE STAFF

COURSE DIRECTOR



Charlotta Martinus, Yoga Elder, SYT, Director TeenYoga

Charlotta started practising yoga in 1998 in the Sivananda centre in Putney. She became a teacher in 2003 and immediately started teaching teenagers. Previous to this she was a school teacher in Primary and Secondary education in Sweden and the UK. She worked for 3 years as a yoga therapist for mental health at Callington Road Hospital in Bristol. She is a regular contributor to the Om magazine, BBC Radio (thought for the day) and has just published her first book; TeenYoga for Yoga therapists, available online and in all good bookshops globally.

Taught over 100,000 teens and sold 3000 copies of her book and graduated 1400 students globally.

GUEST LECTURERS



Shirley Telles, MBBS, PHD

Shirley Telles has a degree in conventional medicine (MBBS) and a MPhil and PhD in Neurophysiology. Both MPhil and PhD theses were on the effects of yoga practice. Dr. Telles received a Fulbright fellowship in 1998 and in 2007 she received an Indian Council of Medical Research Center for Advanced Research to study meditation's effects through autonomic variables, evoked and event related potentials, polysomnography and fMRI. Dr. Telles has been the director of Patanjali Research Foundation, Haridwar, India; patanjaliresearchfoundation.com since 2007. Dr. Telles has over 160 research papers cited in major databases. She is an enthusiastic practitioner of yoga.



Simon Haas

Simon Haas is an internationally renowned author and teacher of yoga philosophy who specializes in applying ancient wisdom to everyday life. Simon first became interested in the study of ancient wisdom traditions at the age of 13. As a young boy, Simon studied the sacred writings of India and spent ten years living in temples and monasteries in India. He apprenticed for sixteen years with an elderly master practitioner in the Bhakti tradition, within an unbroken line of teachers that dates back thousands of years. Simon graduated with honours from the University of Cambridge and holds a masters in comparative religion from the University of Oxford.



Dr Dan Siegel

Medical degree from Harvard University and Post Graduate from UCLA, studied the impact on attachment and how it influences emotions, behaviour, autobiographical memory and narrative. Professor of Psychiatry at UCLA. Pediatric, adult and adolescent Psychiatrist, Founder of the Mindsight Institute and Author of *Brainstorm*, plus many other books on mindfulness and adolescence. Skype lecture on the impact on mindfulness and adolescents.





Niki Moss Simpson, SYT

Founder of Shine, Sparkle Radiate, an initiative empowering girls to live fully vibrant lives through mindfulness techniques. Niki has practised yoga for 15 years and trained in India where she took her teacher training qualification. She studied with Charlotta in Barcelona (2017). Niki has been a school teacher in for over 20 years, working in International Private Boarding schools, American schools and the Pupil Referral Unit. She has lived and worked in Spain, France Switzerland and the UK, in Primaty, Secondary, EBD and Special education.



Helen Appleby, SYT

Helen has practised yoga for 25 years and taught it for 13. She has worked in prisons, PRUs, nursing homes and nurseries as well as pre- and post-natal women. She has taught yoga to teenagers in extra-curricular settings as well as PE and within the PRU. She has a Master's degree in Psychology, she has studied with Sivananda, British Wheel of Yoga, Sitaram, Prison Phoenix Trust, Calm for Kids, Teen Yoga Foundation (2015) and Norman Blair. Helen has played a pivotal role in the Foundation since 2019, managing the entire organisation next to Charlotta.



Ed Atkins, SYT

Ed is a teacher of yoga and languages based in Norwich. He trained with the Sivananda organisation in 2011, spent six months working as a full-time staff member in Paris and has been teaching yoga to adults in London and Norwich since then. He completed the Teen Yoga training in 2014. Between 2013 and 2019 he worked as a teacher of Spanish and French at a West London academy where he also offered yoga to staff and pupils. He has worked closely with the Foundation over the past 6 years accompanying the team to Spain and helping to devise the Teen Yoga Ambassador course together with Charlotta.



Dianne Murphy, SYT

Dianne is the founder of Mettamind Yoga and a mentor with the Foundation. She has practised yoga for 20 years and taught it for ten years. She has also worked as a Wellbeing and Mindfulness Leader in secondary schools. She trained with the Teen Yoga Foundation in 2015 and has played a central role within the Foundation since then. Dianne has taught in Secondary schools for several decades, and also at the Hive Outreach Centre, The Life Centre, National Citizenship Scheme, where she has run wellbeing, yoga and mindfulness sessions in schools for both staff and students throughout London and South East.

COURSE FEEDBACK

“ Words can't explain what an amazing course you have put together!! You opened a whole new fascinating world to me and for that I am truly grateful!! I will highly recommend to anyone to take the Teenyoga course with you

Ayala

“ I am perplexed why we don't learn this at Medical School and also what a fantastic tool to share with young people before they come to us, to help them control their anxieties, pain and weight as well as prevent simple problems from becoming worse. I highly recommend this course.

Ellie, Paediatrician, London

“ This is a life changing course... If you have any interest in helping the youth of today become balanced adults of tomorrow do this course!!!!

DC Samantha Hare, Met Police, London

“ Thank you for running such a wonderful course, I really enjoyed it, I am waiting to hear if my yoga class here at CAMHS is going to be approved.

Lucy, Systemic Family Therapist

“ The Teen Yoga organisation has gone way and beyond my expectations. The team are amazingly experienced, knowledgeable and incredibly supportive. The depth and quality of content was far more than I ever anticipated. The thing that resonates the most is the sincerity with which the organisation operates. It is at the very heart of what yoga is all about. The philosophy, ethos and sense of community really comes through in the training and continual support. I will carry this positive energy with me and share it with as many young lives as possible.

Paula, yoga teacher

“ I looked for the best course out there, and found this one.

Dave, Secondary School teacher

CONTACT

For any **queries** please

✉ send an email to **info@teenyoga.com**

☎ or call us on **+44 1761 470 658**