

Teaching Yoga and Mindfulness to Young People

Devised by

Charlotta Martinus



Course Prospectus 2019



Course Genesis

The TeenYoga course was the first of its kind in 2003, now in its 15th year.

With adolescent mental health in rapid decline across the world matched in the UK by a 30% cut in CAMHS (Child and Adolescent Mental Health Services) funding and 1 in 3 young teachers leaving the profession within 3 years, young people are left with little support and schools are left with little direction in terms of how to support young people.

In 2003 Charlotta was asked to deliver yoga classes at her local secondary school in Somerset, 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, heavily influencing the TeenYoga 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.

Aims of the Course

The aim of the course is to train professionals to support young people in their mental and physical health through the use of therapeutic mindfulness and yoga. The techniques taught on this course are widely and easily applicable by yoga practitioners. We believe that yoga offers a toolkit with empowers and alleviates 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.

The aim of the course is 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 and content

The focus of the course is on 11 to 22 year olds with a specific focus on 13 to 15 year 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 days, each with a topic and theme. The course is student led and is both practical and theoretical in equal measure.

Day 1 – Socio-Psychology of the teen and impact of yoga on teens

Day 2 – Anatomy and yoga therapy

Day 3 – Neuroscience and Mindfulness

Day 4 – Yoga Philosophy and non asana yoga classes

Day 5 – Marketing and bringing yoga to various contexts and support

Outline of content

This course aims at being as comprehensive as possible, introducing

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

This is a participant lead, 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 comes with a fully comprehensive 200 page manual written by expert teachers in various areas. It 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 will also provide students with a toolbox of class structures and techniques 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 homework 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

- At least two year's yoga practise and a teaching degree/experience
or
- a yoga training of any tradition, plus
- an interest and some experience of working with Teens are preferable.

If you do not 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.

The course is aimed at practitioners who have a strong basic understanding and respect for yoga and a keen interest in young people.

Objectives

For professionals within the realms of medicine, therapy, education 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.

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
- 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 people mental health using yoga
- To understand the breadth and depth of yoga, applying all aspects to young people
- 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, will find the need to do some more background work on the principles of yoga.

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 hope is that the graduate will come away with 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.

Faculty

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. She has taught over 10,000 teens yoga and graduated 850 students on the TeenYoga course.

Course Leaders on the Teen Yoga Training Course

Dianne Murphy SYT



Dianne Murphy, who has been a secondary school teacher since the early nineties, began to teach yoga & mindfulness to teens 7 years ago. Her strength in knowledge and delivery has grown boundlessly, teaching yoga in both mixed and single sex secondary schools and having also collaborated fruitfully with organisations including NCS and Youth Connexions. Dianne's current role as a Wellbeing & Mindfulness Lead at an all-boys Catholic school in North London suggests that the yoga trend amongst young adolescent males is strong, yet on the contrary Dianne tells us the attempt to make yoga appealing to this group is still very challenging. Young, disappointed male teens upon thinking of the idea of yoga, often describe it as "girly", "touchy-feely" and "light-weight" and therefore denounce its value. However this view shifts rapidly when they try it. Dianne was recently asked to deliver a carousel of yoga at a residential week

for a hundred and fifty year 8 boys where groups of fifteen at a time would do a 40 minute session.

Laura McGlennon SYT



Laura has been practising Yoga for over 40 years but started out her career as a fitness fanatic teaching Aerobics and Body conditioning in the 80's. She was part of an aerobics team who won the Scottish Keep fit championship three years in a row and represented Scotland in the "Offbeat" section of "Come Dancing".

In Spring 04 Laura trained in India in the Sivananda Ashram and qualified as a teacher. In the Autumn she trained with David Swenson to teach Ashtanga.

Laura is always looking for ways to improve her own and others lifestyle choices through continued learning, training and practice and loves to share her training and knowledge with others.

Laura decided she wanted to work with children and teenagers, preferably in schools. She qualified as a Youth Mindfulness Teacher in 2016, then after attending the Instill Conference in London where she Met Charlotta was inspired to sign up for the Teacher training later that year and became a Certified Teen Yoga Teacher.

Laura lives in Edinburgh has 6 grandchildren, three of them still teenagers (and her Teen Yoga guinea pigs).

Laura is a registered Senior Yoga Teacher with Yoga Alliance Professionals and also teaches Modern Meditation and Yin Yoga.

Yvonne Morey



Yvonne has practiced yoga for over 13 years, exploring many styles but most extensively Iyengar. Yvonne has worked as a counsellor in schools and community settings for 10 years working with some of the most vulnerable young people. In 2012 she decided she wanted to find a different way to work with young people, using yoga and mindfulness. This is when she met [Charlotta Martinus](#). Yvonne went on to complete her teen yoga training and her yoga alliance TTC with Charlotta and has worked closely with her ever since. Yvonne brings together her experience as a counsellor and yogi to inform and inspire both young people and yoga teachers.

Prospectus

Yoga and Mindfulness for Young People 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.

Synopsis

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.

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.

This is a hard time for most children, 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 conjunction 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.

Charlotta continues to find working with adolescents deeply rewarding and finds the relationship with the students extremely exciting and nurturing to her own sense of fun and authenticity.

Assignments and Assessment

Prior to the course starting: Explain in writing: (500 words or less)

- Why do I want to do this course?
- What do I hope to get out of it?

Homework During The Course

Each evening you will be asked to write a page on a topic including;

- “Why yoga works for Teens”;
- What are the main differences between a teen yoga class and an adult yoga class
- What are you going to do if you have a very disruptive child in your class? Explore how it would make you feel and act and what tools you think might work.
- Explain how you would incorporate the yamas and niyamas into a class structure, choosing a specific age range for the class.
- Describe how you would go about explaining meditation to teens.

For Final Assessment And Course Certification:

During the final day you will be required to complete a group teaching exercise, which will be assessed by the course tutor. You will also need to have attended all days of the course.

DBS checks:

You are required by law to obtain enhanced police disclosure (a DBS check) in order to work with children however we do not require that you have one in order to graduate from the course.

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 18.

Recent 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 Teenyoga course with you. Ayala, Childrens' book writer

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

A very thorough and complete course” Veronika Kloucek, Adolescent Psychotherapist

*If you're thinking of doing this course, please don't hesitate. It was life changing, well worth the investment of time and money.
Caron, Writer*

I looked for the best course out there, and found this one, Dave, Secondary School teacher

Thanks for a wonderful course, it helped in many ways that I hadn't anticipated, the course content and pace was just right and the mini teaching sessions were a great way to practise teaching without exam style pressure, especially for those who weren't yoga teachers. We repeated the exercise on Sunday it was very helpful. The manual is great and a testament to the amount of work you put into it. Victoria, Prison Yoga

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

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

