



Teen Yoga
FOUNDATION

& SCHOOLS
HOW WE CAN
WORK TOGETHER

TEEN YOGA FOUNDATION & SCHOOLS - WHERE WE ARE NOW



Although approximately 30% of schools are currently offering yoga in some form, many schools do not and are as yet unaware **of the benefits that yoga could bring**, or indeed what exactly yoga entails.



The Teen Yoga Foundation delivers yoga in partnership with schools across the UK and has trained 1400 teachers nationwide to deliver specific programmes in line with current **OFSTED** guidelines and in response to the current mental health issues facing young people.

All Teen Yoga Foundation facilitators are **DBS checked, insured, have safeguarding training.**

THE IMPORTANCE OF YOGA IN A YOUNG PERSON'S LIFE

More young people than ever have problems with their mental health because they simply don't know how to cope. **Yoga provides powerful ways of dealing with stress in their personal, family and social lives** by teaching them simple techniques to reduce tension and increase calm in all situations. This is transformative as it empowers them to engage more fully in their personal lives, school and society.

THE TEEN YOGA FOUNDATION CAN DELIVER YOGA TO YOUNG PEOPLE.

The Teen Yoga Foundation was formed to deliver yoga to young people, and there's **no better way than to deliver it to them via their school**. The teachers are trained to a high level to be able to deal with the challenges facing them in a school environment. This enables them to share both the **physical and mental benefits** optimally with pupils, thus enhancing academic results and establishing a harmonious atmosphere in the school.

As a charity we have developed several varied programmes that can be delivered in different scenarios, making yoga and its many benefits very accessible to a large range of different young people. They will learn the skills that they need in this moment to cope with anxiety, worry and stress.

“ *I didn't think I'd like yoga, but at the end it was like my brain had stopped working, it was so still and calm, I had never felt like that before. Now I know how to change my mood and calm myself down, which makes everything easier; home, school and friendships.* ”

We want to work with you so that your teachers and the young people in your school feel more able to cope with life and all its challenges, we will do this by tailor making classes to the young people in your school, whatever they are going through.

WHAT THE TEEN YOGA FOUNDATION CAN DELIVER FOR YOUR SCHOOL:

HOW?

We organise a range of different ways of bringing yoga to your school, ranging from **finding the right teacher** to teach after-school classes or one-off events, to **classes integrated into the PE or PSHE** curriculum, to **training your teachers** right through to our whole school approach to yoga, which the Teen Yoga Foundation has created, implemented and supported in many schools across the UK.

Classes can be delivered by a range of our globally based, trained teachers. Our **events** showcase the benefits of yoga to young people outside the school environment but amongst peers.

Training courses for teachers are delivered as courses that cover all aspects of wellbeing techniques inherent in yoga and their evidence base to a background of Anatomy, Psychology and Sociology of the young person today.

Our most popular teachers' course was introduced in 2004 and has evolved extensively over the years since then, updating with OFSTED governance and Mental Health guidelines as outlined by NICE and CAMHS. There is an **online 100 hour course open to anyone who has practised yoga** and a **face-to-face 60 hour course**.

The course has been delivered in 20 countries to over

 **1400**

students and has now reached an estimated

 **500,000 young people** globally.

The course is recognised by the College of Medicine, Yoga Alliance International, USA, Canada, Australia, New Zealand and UK. It is also recognised as a level 3 sports coach qualification with Sport England.



The whole school approach moves beyond the conventional delivery of yoga as an after-school activity to integrate yoga progressively into the life of the school which substantially increases the benefit for all, helping the school to become autonomous in its delivery of yoga.

The process begins by introducing yoga to the teachers, increasing their capacity to manage their own resilience and wellbeing strategically. As a physical practise yoga brings calm, focus and physical release and strength. Teachers are then invited to share certain aspects of what they have learnt in the tutor group together with a yoga teacher, who, alongside the teacher, brings expertise and longer more focussed classes to those who are interested, or to PSHE groups, PE groups or even designated yoga groups outside of the school timetable. We have identified an optimal system of rollout that gains maximum traction and interest from the whole school.

In this way the school can, if it wants to, become completely autonomous in its delivery of yoga. Ask us for more details.

We don't just train teachers and let them loose. As a charity, we see it as our duty to **keep our teachers inspired and supported**, in touch and in tune with current research and policy changes in education relating to Yoga and its benefits. To this end, we keep in touch with our graduates through monthly newsletter and in closed groups on social media, encouraging them to share their substantial skillsets with each other and discuss key issues that arise in their classes. Moreover, they have access to one to one mentorship whenever they need it as well as ongoing CPDs on various important topics. Teen Yoga Foundation Founder Charlotta Martinus and other experts also provide support relating to challenging situations, whether they be therapeutic or bureaucratic. This is a unique and important part of the work of the charity.

Please take a look at one of our
Research Studies with the EU
– www.hippocampusproject.eu

WHY DELIVER YOGA IN SCHOOLS

The young people we've worked with through our courses, classes and events had the following to say about yoga and its benefits:

“Yoga has given me so much. It's given me time to relax, time to myself, it's increased my physical energy and mentally I feel better as well. I think everyone should be doing yoga, especially at schools because of exams. It's also really fun as well!

“It would be a good idea to add to the curriculum, especially around exam time. It will relax us, especially when we're really stressed.

“Yoga has helped to take pressure off and clear my mind. It has also given me more confidence in myself and confidence that I can get through anything. It's taken the pressure off school and exams; I can relax and breathe in exams. It's also increased my flexibility and made me closer to my friends too

“Yoga has brought me a lot of zen, thoughtfulness and appreciation of my place in the world. It helps me get the best out of my life.

“After yoga I have a really positive attitude.

“It helps me find the positives in life. It gives me a chance to open up. I also have made new friends through yoga!

“Yoga makes me feel like I am part of the community. It also makes me feel in control of myself. It helps me through stressful times. I can step out of the room, do some breathing exercises, and it's more manageable.

WHO IS THE TEEN YOGA FOUNDATION

The Teen Yoga Foundation is a UK charity that aims to improve the well-being of young people through the practice of yoga, in schools and elsewhere, in the UK and abroad.

We have been providing yoga to young people and training teachers to deliver it for over 15 years. The foundation exists to encourage young people to practise yoga because yoga helps them cope with everyday life and learn how to prosper.

As an organisation we train teachers, teach young people, we speak to the government, we collaborate with universities on research. We develop programmes tailored to specific issues such as drug addiction, homelessness, obesity, anxiety and depression. We collaborate with universities nationally and internationally.

The Teen Yoga Foundation was set up by Charlotta Martinus. Author of Teen Yoga for Yoga Therapists and mum of two young men, Charlotta speaks regularly on the BBC and writes extensively in the media about the importance of yoga for the wellbeing of young people. She has worked as a school teacher in both the UK and Sweden, in all Key Stages. She lectured on the PGCE at Oxford Brookes University on yoga in schools. In 2020 she was the first woman to be awarded the prestigious Master of Yoga award by the International Yoga Alliance.

To learn more and to discuss a programme suitable for your school please get in touch

✉ info@teenyoga.com

🌐 www.teenyogafoundation.com