



## Young people need yoga

**“Research has shown that the number of young people reporting feelings of depression and anxiety is rising and there is a trend for the rates of these disorders to increase in the transition between childhood and adolescence.”**

Amy Morgan, Institute of Psychological Sciences, University of Leeds

Ofsted requires every school to actively promote and evaluate students' spiritual, moral, social and cultural (SMSC) development. Yoga classes support SMSC education by encouraging students to explore and reflect on life purpose, cause and effect, resilience, obstacles, relationships, feelings and emotions.

## Yoga is taught in many schools across the UK

- Part of the PE curriculum
- Part of PHSE curriculum
- An elective in an enrichment programme
- A lunch time or after-school club activity
- An intervention to maximise the achievement of disadvantaged students

Millions of people around the world practise the ancient discipline of Yoga. Many students will have heard of yoga because it has a strong following among celebrities such as Ryan Giggs, Harry Styles, Madonna, Gwyneth Paltrow and Kaley Cuoco.



## Who does yoga appeal to?

**Sporty students** do yoga to develop performance in their game.

**Non sporty people** like yoga because it's a non-competitive way to keep active.

**Boys** practise it to increase stamina, strength and confidence in relation to their body as it grows and changes.

**Girls** enjoy relaxation and flexibility exercises which promote emotional and physical wellbeing.

Students with **Special Educational Needs** enjoy and benefit from stretching and relaxation.

## Benefits of yoga

- Develops strength, flexibility and stamina
- Reduces tension, stress and anxiety
- Raises self-esteem and promotes self-efficacy
- Improves motivation
- Develops clarity, focus and concentration
- Creates awareness of emotional responses
- Encourages self-management of behaviour
- Promotes social, mental and emotional health



## Yoga courses for young people

Now available in your area, courses are designed and delivered by experienced yoga teachers who have completed 60 hours specialist training with TeenYoga (UK). This includes study of adolescent anatomy, physiology, neuroscience, psychology and behaviour management. TeenYoga teachers also have

- DBS clearance
- First aid certification
- Insurance to teach yoga to young people
- Completed a minimum of 200 hours general yoga training

Schools can choose 6, 8 and 10-week courses which will be tailored to the needs of students and the timetable. Typically, courses will include:

- A range of postures
- Breathing and relaxation techniques
- Mindfulness and meditation
- Yoga philosophy and psychology

## Course costs

Rates vary depending on course length, class duration and other requirements such as provision of yoga mats and equipment. Grant funding might be available. Please ask your local TeenYoga teacher for details.