

Report

Teaching teenagers Yoga, course. 26th 27th November 2016 by Yogakidz uk

The course was held over 2 days in Birmingham. To be eligible for it you had to be a yoga teacher or have practiced yoga for some time on a serious basis.

I have practiced yoga regularly for over 7 years and this was seen as enough experience to go on the course.

The first part of the course looked at how teenagers develop and what can go wrong for them and so what the benefits of yoga could be for them. This is particularly relevant for those young people who have gone through difficult times such as parents divorcing, someone close to them dying or issues they had about themselves such as low self-esteem, body image, friendship issues or anxiety issues. The trainer had a lot of practical experience working with teenagers in schools and had lots of evidence to show that yoga had helped with exam pressures, getting through bad times and generally feeling calmer and so being more able to cope with life which can obviously be extra hard for teenagers who go through many changes emotionally and physically.

We then focused on the different postures and the types of things they can help with; such as; some are calming, some are energising etc. We practiced these and also made up sequences of our own that would be particularly helpful in a school setting.

We discussed how putting on yoga classes in schools would work and how best to organise them. They can even be incorporated into GCSE syllabus.

We then looked at the Chakras and the part these play in our physical and emotional wellbeing. We also discussed relaxation and breathing techniques all very important for a well-rounded class.

We have to do an assignment by the end of January to gain our certificate and allow us to teach yoga to teenagers.

However, I have already found the techniques useful, particularly for helping the young people I see to get rid of anger and helping them to focus and relax.

I will speak to my school after I have completed my assignment to see how we might use this course but I feel even if I don't put on structured classes at this stage it will be very beneficial to my work on a 1:1 basis and was very enjoyable and useful to attend.

Claire Spruce 19/12/16