



YOGA EDUCATION IN SCHOOLS

*Moving & Breathing for Healthy
School Communities*

ONLINE FACILITATOR TRAINING INFO
14th October to 18th November 2023

WHY Y.E.S. PROJECT?

Youth mental health is in crisis. According to the World Health Organisation, one in seven 10- to 19-year-olds experiences what we call a mental disorder, accounting for 14% of the global burden of dis-ease in this age group. Fifty percent of mental health conditions start by age 14. Yet the suffering of these teens remains largely unrecognised and untreated.

Numerous scientific studies and systematic reviews show that following on from the COVID-19 pandemic, mental health problems in adolescents have increased into an even greater public health challenge. COVID-19 and the widespread closure of schools during lockdowns are particularly associated with high rates of depression and anxiety in adolescents.

In the midst of this crisis, a breath-centric yoga is a proven modality to reduce anxiety and depression, increase self-esteem and body confidence, and overall quality of life. It is not the complete answer but an important piece of the puzzle, that gives "breathing room" for further solutions to be co-created.

In response to the global situation of youth mental health, the Heart of Yoga Foundation has developed the Yoga Education in Schools Project - Y.E.S., in which the main goal is to empower as many young people as possible to be at home with their body and breath. To achieve that, we deliver an inclusive, highly effective eight-week yoga programme in schools around the world. The programme supports the mental and physical wellbeing of teenagers.

Drawing on over 50 years' experience in the field of Yoga and Yoga Therapy, The Heart of Yoga Foundation is a global charity dedicated to ensuring every person can access a yoga education.

These empowering principles of yoga enable young people to enter into their own form, rather than the social patterned forms that are imposed on everybody in this world. This happens without any suggestion that there is a problem, without putting them under any kind of psychological pressure in a problem-solution model. Rather, we communicate the fact that their body IS the cosmos, their body is life on Earth, and what a miracle that is. Their body is nature itself, it is the beauty of nature, the intelligence of nature, the extraordinary energy that is nature happening here. In the one global unity that is life on Earth, their body exists not as a separate capsule of energy or as separation at all. Their body is in a profound relatedness to all aspects of our context, of our nature, as nature, our natural state. I believe it is possible to communicate that to every single person, no matter what demographic or age they are in.

— Mark Whitwell, co-founder of Heart of Yoga Foundation

THE EIGHT-WEEK PROGRAMME

Our eight-week flagship programme is an experiential learning process for young people to connect with their breath and bodies, through learning a simple breath-centric daily yoga practice adapted to their needs. The programme includes a weekly class with a trained facilitator, printed resources, and supplementary practice videos for ongoing use.

This programme offers yoga as the unitary movement of body, breath and mind, which differentiates it from yoga modalities that are simply exercise. The power of deep breathing combined with body movement is increasingly recognised in its proven ability to help reduce anxiety and depression and improve self-esteem and body confidence.

Key features of the programme

- Inclusive and accessible to all different body types and abilities, including those with physical or mental disabilities.
- Non-competitive and non-religious.
- Developed by experts around the world in the fields of yoga therapy, youth work, youth psychology, addiction, and working with high needs and neurodivergent young people.
- Learns from the successes of other yoga and mindfulness programmes in schools, whilst introducing the crucial missing element of deep breathing linked with body movement.
- No physical contact of any kind between facilitator and student.
- Teachers can implement the programme either as compulsory (for example, within a health or physical education curriculum) or as optional extra-curricular activity.

WHAT YOU WILL LEARN

- The importance of self-practice, and how to encourage self-practice in young people
- Physical, Emotional and Mental Health for Teens
- The five basic breath principles that make Yoga, into Yoga;
- The physiology and impact of the **breath** for mental and physical health of the youth
- Understanding how to adapt yoga to individual and cultural needs
- Some basic sequences that suit most people
- Teaching ethics and standards; how to relate with students;
- Curriculum of the 8-week programme for teens;
- Integrating practices of Conscious Breathing (Pranayama) and Stillness (Meditation)
- Nada Yoga: including the yoga of sound in your practice and teaching;
- Communication: how to guide a class or individual with confidence and clarity
- Practices for anxiety and depression
- Modules on teaching younger children and high needs teens
- Advice for teaching your own children

Students who finish the programme with you will gain the practical tools and knowledge that support them to:

- practice yoga for themselves every day,
- understand how the mind works,
- manage emotions,
- deal with stress in healthy ways,
- tune into their body and know how they are feeling,
- have healthy relationships with their peers, and
- feel their connectedness and place within the world around them.

During and after the programme students are supported with a comprehensive video library and a workbook to help them continue their personal daily practice. We provide that for you.

TRAINING DETAILS

Next Y.E.S. Facilitator training is taking place from October 14th to November 18th 2023. Spread over six weekly live zoom sessions, this training builds off our successful pilot programme in New Zealand & consists of:

- Six 2-hr sessions live on Zoom (recordings available after each)
- One 30-min 1-on-1 session with one of the teachers midway through
- Ten hours of recorded practices
- Comprehensive facilitator manual and readings
- Attractive student workbook ready to print and use with teens
- Mentored practical teaching assignment
- Heart of Yoga Alliance certification
- Yoga Alliance Continuing Education Credits, if needed
- Support group afterwards as people teach in their local communities

Live Zoom session will be held on:

US Pacific time (PT): Saturdays from 4pm - 6pm

US Eastern daylight time (EDT): Saturdays from 7pm - 9pm

Australian Eastern time (AEST): Sundays from 9.30am - 11.30am

NZ time: Sundays from 12pm - 2pm

COST

The cost of the Y.E.S. Facilitator training is \$US 280.

All training fees go to furthering Yoga Education in Schools Project, administered by the Heart of Yoga Foundation, a US based non-profit (501(c)(3) status pending).

We are committed to fully sponsoring this training for those who can commit in advance to offering the full 8-week programme for teens in their community.

Email studio@heartofyoga.com for more info if this is you.

HOW TO REGISTER

Please register [here](#) or write an email to studio@heartofyoga.com.

MEET THE TEACHERS

A 30-hour online training to become a certified Y.E.S Facilitator is led by Andrew Raba, Rosalind Atkinson and Mark Whitwell.



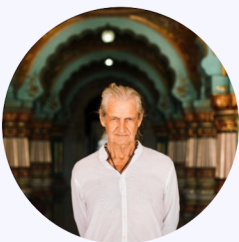
Andrew Raba

Andrew is a high school librarian and literacy advocate, as well as a yoga teacher. He is a Programme Director of Y.E.S. Project who holds a MA in English literature and teaches yoga throughout New Zealand schools. Andrew is a long-term student, teacher and author within the Heart of Yoga who has spent the last five years studying with Mark Whitwell. After completing his 500-hour qualification in 2020, he undertook a one year ashram residency in Fiji to deepen his practice and teaching. A published author, Andrew has written extensively on the subject of yoga and meditation for many platforms, including Embodied Philosophy and Tarka Journal.



Rosalind Atkinson

Rosalind is a yoga teacher & writer who is passionate about sharing authentic breath-centred yoga with teens, especially young women. Previously Rosalind was a volunteer, cadet and then mate on the youth development tall ship, "Spirit of New Zealand," where she fell in love with working with young people from diverse backgrounds. She volunteered with youth climate change group Generation Zero for several years including as lead designer for the 100% Possible tour. She has also worked for Greenpeace, the National Council of Women, and as a children's piano teacher. Her activism now takes the form of helping people connect with their breath, feeling their inherent connection to nature and other people. Rosalind holds a bachelor of design, an MA in Literature.



Mark Whitwell

Mark is the original co-founder of the Heart of Yoga, named after the book he edited and had published for his teacher, TKV Desikachar. This book is now a set text on thousands of yoga trainings all around the world and is acknowledged as a bible of yoga teaching. Mark first met Desikachar and his father Krishnamacharya, known as the grandfather of modern yoga, in 1973 in Chennai (then Madras) and was struck by their combination of yoga learning with down-to-earth, unpretentious, non-hierarchical relationality. Mark has been teaching for over 50 years and continues on this tradition of yoga knowledge worn lightly, taught in friendship as an ordinary person. Mark is involved in curriculum development and teaching of teachers, as well as mentorship for teachers.

TESTIMONIALS FROM TEENS ATTENDING THE Y.E.S. EIGHT-WEEK PROGRAMME

“I sometimes feel stressed by everything that’s happening at school and at home. The practice helps me put myself together in the morning”

—female student, 14, Western Springs College, Auckland

“The breath makes me feel peaceful.”

— Joe Armstrong, 14, student at Western Springs College, Auckland

“Kia ora. The yoga classes are most enjoyable. I use them as a great way to start a Friday. The easy to follow instructions make for a class that I look forward to coming back to. Mauri ora!”

— Matua Craig Baily, Ngā Puna o Waiōrea (Māori immersion unit)

“Peaceful. The breath is peaceful.”

— Year 11 student, Western Springs College



EIGHT-WEEK PROGRAMME OVERVIEW

Week 1: Teaching the Breath

Learning the ocean breath and the link of breath with body movement
Principle 1 & 2: *ocean breath*, and *The body movement is the breath movement*
Postures: Simple Daily Practice
Home Exercise: Simple Daily Practice
Daily Journaling

Week 2: Out of Your Head and Into Your Body

Yoga is participation in the life qualities of strength and receptivity
Principle 3: *The inhale is from above as receptivity, the exhale is from below as strength*
Postures: Simple Daily Practice
Home Exercise: Simple Daily Practice
Daily Journaling

Week 3: Calming the Mind

When thoughts get too much, go to the body, for the body is Mother Nature
Principle 4: *The breath envelops the movement*
Postures: Longer Practice with Shoulderstand
Stillness: Body Scan
Home Exercise: Simple Daily Practice or Longer Practice and Self Body Scan
Daily Journaling

Week 4: Conscious Breathing

Conscious breathing practice as a means to soothe and clarify the mind
Postures: Simply Daily Practice or Longer Practice with Shoulderstand
Stillness: Rest and Digest with short body scan
Conscious Breath: ocean breath
Home Exercise: Simply Daily Practice or Longer Practice with Shoulderstand with Conscious Breathing
Daily Journaling

Week 5: Stillness in the Heart

Stillness is a gift that arises from your movement practice and your conscious breathing. It cannot be practiced on its own
Principle 5: *Postures, Conscious breathing and stillness as a seamless process*
Postures: Simple Daily Practice or Longer Practice
Conscious Breath: Body Acknowledgement
Seated Stillness: Heart Focus
Daily Journaling

Week 6: Sun Salutations

A strong Sun Salutation practice for energetic teens OR A Longer Practice Recap
Postures: Optional Sun Salutations + Simple Daily practice from triangle pose onward OR Longer Practice
Conscious Breath: ocean breath
Seated Stillness: Think of the Sun
Daily Journaling

Week 7: A Practice for Exam Week

A practice to reduce fearful and chaotic thoughts, restoring the mind to balance and clarity
Postures: Sun salutations and daily practice
Conscious Breath: Alternate Nostril Breathing
Stillness: Seated stillness, with varied focus
Daily Journaling

Week 8: A Practice for Sleep

A restful lying down practice that can be done in the evening to wind down and prepare for sleep
Postures: Lying down
Conscious Breath: Lying down ocean breath with arm movement
Stillness: Body Scan

"A yoga teacher is no more than a friend and no less than a friend, the force of nurturing in local community — not a social identity, not a personal identity, not a status or position"

— Mark Whitwell, co-founder of Heart of Yoga Foundation



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