YOGA THERAPY FOR CHILDREN AND YOUNG PEOPLE

350+ hours

Uncovering the wellness within
People in the first of its kind that we know about it the UK.

This comprehensive Yoga Therapy for Children and Young

preserving with.

conditions and presentations that you may come across children
and what happens to those as children experience distress and
psychological, developmental and spiritual aspects of our being,
and integrating the biological, physiological

Therefore the training provides students with a multi theoretical

and the ancient wisdom and wonder of Yoga.

knowledge and evidence base of Western psychologists and
the offering students an integrative approach between the

The course leaders appreciate have studied and passionate about

within their current therapeutic practices.

those wishing to become Yoga Therapists or use Yoga Therapy
yoga teacher and healthcare professionals alike. It is suitable for
(British Psychological Society) and therefore is likely to appeal to
accredited with the IYN (Independent Yoga Network) and The BPS

This course is directed and facilitated by Dr Lucy Arnsby-Wilson and Janine Hurley and taught by leading UK yoga therapists. It is

collaborators

• Shundra Hall
• Dr Sam Bottill
• Charlotta Martinus, Teen Yoga
• Nicole Zimbler, Yotism
• Amanda Brown
• Amanda Jackson
• Dr Theodore Wildcroft
• Dr Uma Dinsmore-Tuli
Through MAYA yoga therapy we support children and young people with mental health challenges and those who have experienced psychological trauma to know and understand what human life and nature is.

Our children learn what their potentials and capabilities are, what processes enhance their difficulties which are often caused by cognitive strife. Importantly, in yoga therapy, they can learn means and methods which can be applied as solutions. When delivered with mindfulness, the importance in yoga therapy, they can learn means processes enhance their difficulties which are often caused by cognitive strife. Our children can learn what their potentials and capabilities are, what nature is.

- Prevent complex and severe mental health problems from developing through building resilience, strength and enabling a deep level of coping and inner strength.
- Interene when complex challenges have occurred and young people and their families are struggling to find wellness, health and ease in the body and mind.
- Sustain a path of healing and inner resources for children, young people and their families through building resilience, strength and enabling a deep level of coping and inner strength.
- Support the systems around the child to create and maintain experience, training and rigour. Yoga therapy has the capacity to

The whole child, fully, regardless of age, ability or experience and whether they have the life that is their right and deepest wish.

Through MAYA yoga therapy we support children and young people.
The vision for this work is:

To help young people to alleviate their suffering through yoga so they can experience a coming home and deep peace and comfort in their minds and body.

In order to do this we will support students.

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The vision for this work is:
This will be through teaching on the development and expression of mental health problems in young people and their families from a range of different approaches and perspectives. Learning how to plan and support young people for tailor (required)

the research base for Yoga and Meditation for young people experiencing a range of conditions. The neuroscience on the developing brain and the effects of Yoga and Meditation for young people experiencing a range of mental health needs for the purpose of teaching Yoga and Meditation practices and the promotion of emotional well-being in young people. A clear understanding of what can we learn and what do we need to know? What do we need to know? Developing skills and confidence to assess children at a physical, energetic, psychological and spiritual level (required)

the specific requirements of their students. Made 1:1 therapy programmes adapting the sessions for learning how to plan and support young people for tailor (required)
Course requirements

This training offers a balance of theory and experiential learning so that all are fully embodied and can be offered effectively and authentically to young people.

Students will need to complete an initial foundation course and then a series of specialist weekend sessions, working with each client for a minimum of 5 hours with young people between the ages of 4-18 years and also attend a range of differing perspectives written up and submitted for accreditation.

Students are required to complete 5 case studies, working with each client for a minimum of 5 hours, with young people between the ages of 4-18 years. Students will be invited to take part in assignments and case studies to consolidate and individualise their learning.

Yoga Therapy Project (50 hours)

Students are required to conduct a small scale project on an area of interest chosen by them related to children's yoga therapy.

Yoga Therapy Observations (20 hours)

Students will be asked to observe 3 Children's Yoga Therapy Sessions and to submit a critical evaluation and reflections on the sessions that they attended.

Case Studies (50 hours)

Students will be required to complete 5 case studies (working with each client for a minimum of 5 hours with young people between the ages of 4-18 years). Students will be asked to observe 3 Children's Yoga Therapy Sessions and to submit a critical evaluation and reflections on the sessions that they attended.

Yoga Therapy Observations (20 hours)

Students will be asked to observe 3 Children's Yoga Therapy Sessions and to submit a critical evaluation and reflections on the sessions that they attended.

In person teaching modules (70 hours)

Students will be required to complete an initial foundation course and then a series of specialist weekend sessions. Students will be invited to take part in assignments and case studies to consolidate and individualise their learning.
Group Teaching Practice (5 hours)
Offered on course modules, each student will be required to teach a yoga therapy session to the group with an overview and rationale for the planned session, a formulation and a critical analysis of the teachings offered and reflections.

Supervision (minimum 2 hours)

Anatomy and Physiology
Purchasing 1:1 additional supervision is an extra cost. It is possible to purchase 1:1 additional supervision and a buddy system offered. It is possible to purchase 1:1 supervision with Janine and/or Lucy. There are also monthly online Skype or arrangement with Janine and/or Lucy. There are also monthly online Skype or arrangement with Janine and/or Lucy. It is highly recommended that students seek supervision whilst practicing as a yoga therapist. During the course, consultation will be offered by phone and email.

COURSE DATES AND TIMINGS: 2019/2020

ADD DATES AND HOW MANY HOURS

We Are Moving...
Add here contact details
Maybe a quote from others
And a better map
Course cost and payment schedule
Prerequisites
Wisi mattis leo suscipit nec auctor, nisl fermentum tempor ac a, augue in eleifend in venenatis, cras sit id in vestibulum felis in, sed ligula.