



SANDSTONE
YOGA & PILATES

TEEN YOGA CPD

DATE:



15th - 19th APRIL 2020
Limited spaces
available

VENUE:

PRICE:

£599
£300 deposit
to secure your place

Sandstone Yoga & Pilates (Bearwood)
596 Bearwood Road,
Smethwick,
Birmingham,
B66 4BW
0121 270 5648

WHAT IS THIS COURSE ABOUT?

Teen Yoga is an acclaimed, international course, designed & run since 2004, training you to teach yoga & mindfulness to young people. It incorporates latest research in mindfulness, yoga, neuroscience & relaxation techniques for this age group.

WHAT DO YOU LEARN?

- Neuroscience of the adolescent
- Anatomy and physiology of the teen body
- Application of yoga for various conditions & classes
- Mindfulness methods based on our research in this field
- Mindful disciplinary methods & behavioural management
- Child protection issues
- Marketing methods

This course is unique, as the only fully fledged, Yoga Alliance Professionals and IYN accredited & insured teen yoga course in the UK.

WHO WILL BE TEACHING ME?

Sandstone Yoga & Pilates presents: **Yvonne Morey**. Yvonne has practiced yoga for over 13 years, exploring many styles but most extensively Iyengar. Yvonne has worked as a counsellor in schools and community settings for 10 years working with some of the most vulnerable young people. In 2012 she decided she wanted to find a different way to work with young people, using yoga and mindfulness. **Laura MMcGlennon** has been practising Yoga for over 40 years but started out her career as a fitness fanatic teaching Aerobics and Body conditioning in the 80's. She was part of an aerobics team who won the Scottish Keep fit championship three years in a row and represented Scotland in the "Offbeat" section of "Come Dancing". In Spring 04 Laura trained in India in the Sivananda Ashram and qualified as a teacher. In the Autumn she trained with David Swenson to teach Ashtanga. Laura is always looking for ways to improve her own and others lifestyle choices through continued learning, training and practice and loves to share her training and knowledge with others.

WHAT WILL THE TEEN LEARN?

- Complete relaxation • Emotional regulation • Increased focus & concentration • Decreased anxiety
- Increased self esteem & raised mood
 - Deeper understanding of their own development
 - Raised performance at school
 - Compassion for themselves & others

WHO IS THIS COURSE FOR?

The course is suitable for healthcare professionals, yoga teachers, school teachers, parents & anyone working with young people. You do not have to be a Yoga Teacher to do this course.

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COST

- Full price £599
- Deposit of £300 to secure your place. Limited spaces available.
- Balance to be paid by 15th March 2020.

HOW DO I PAY?

- You can pay either by cash at the Sutton Coldfield or Bearwood studio.
- Pay through the Eventbrite link:
<https://www.eventbrite.co.uk/e/teaching-yoga-and-mindfulness-to-teens-cpd-tickets-67005385913>
- You can also pay using the following bank transfer details:
Acc| 86886991
Sc | 517032
Name | The Riot Collective

FREQUENTLY ASKED QUESTIONS

Does this count as further training for CPD requirements?

This course is run and taught by Teen Yoga Founder & Director Charlotte Martinus SYT. Teaching the course alongside Yvonne Morey.

Your training hours can be used for CPD/further training recognition. Please check with your governing body (YAP, BWY, IYN etc) for their requirements.

What happens if I need to cancel after booking?

Once you have booked your place it will not be refundable or exchangeable.

If you have any further questions, or would like to speak to Lis or Louise the please don't hesitate to call us!

We very much look forward to seeing you!

Louise & Lis



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