

Young people's yoga

Welcome to this programme made just for you! It's aimed at ages 9-15; however, older teens, young adults (and even older adults!) will be able to join in too.

What's included?

4 x 40 minute yoga sessions
2 x 30 minute yoga nidra sessions
1 x 60 minute Unity Partner Yoga session (particularly good for the whole family/ with a friend or sibling)

Yoga sessions:

Each class is designed to fit into a busy day! Yoga is always wonderful to start the day, or you could maybe slot it in after school or to relax with it in the evening. The classes are appropriate for beginners, while offering deeper and more challenging postures for those with experience.

Feel free to watch the demonstrations before you practice. This is essential for postures such as shoulder stand, where the instructions are very important to adhere to. It is also vital that you do not attempt to turn the head to watch the screen when in these more compromised movements.

With the slower introductory work, you may choose to skip some of the explanations or practices if short on time and experienced – however... please ensure that you are always fully warmed up before you attempt the stronger postures.

The breathing and meditation are the foundations of yoga, so please have patience and give yourself the gift of slowing down and dropping into a slower pace. Your nervous system will be happy for the break!

Please listen to the intro video, which explains all of this in a little more detail and suggests the props that you will need. You may also choose to play some background music of your choice, to go with the sound of my voice. This helps you relax even deeper.

I hope that you enjoy the classes!

Yoga Nidra sessions:

Yoga Nidra is deep relaxation. These two guided meditations are 30 minutes in length. They are designed for deep rest, suited for a restful afternoon or just before sleep.

Yoga Nidra is best practiced after an Asana (posture-based movement) class. Therefore, you could practice straight after one of the 40 minute classes, treating yourself to just over an hour of blissful relaxation.

All you need to do is get into a comfortable position, keeping warm and somewhere where you will not be disturbed.

Ideally, it is best if you can stay awake. However, it is certainly not unusual to drift off to sleep, so don't worry if you do! It will still have a profound effect as one hour of yoga nidra is equivalent to four hours of sleep (in terms of brain waves slowing down), so your 30 minute session may equate to two hours of healing sleep. If you aim to stay awake, you will find yourself in a wonderful state between full wakefulness and sleep, a place of great potential.

In this meditative state, we internally state a self-chosen affirmation (intention of our hearts desire) which is like putting a wish out to the universe. It is more than just a wish, it is a loving intention which works like setting a goal which you believe, in your heart, can manifest.

Have a think about what your heart desires before you practice, some examples would be 'I feel peace', 'I enjoy supportive friendships', 'I am joyful', 'I have courage'. We always place our 'sankalpa' (a Sanskrit term) in the present tense. We state what we would like, rather than what we don't want – ie we would say 'I feel calm' rather than suggesting that you don't wish to feel anxious.

So, get cosy in a blanket, maybe treat yourself to a hot water bottle and get ready to practice yoga nidra. It is recommended to play some soothing music of your choice in the background, to enhance you rest. Headphones are helpful, if there are a lot of external sounds nearby.

Unity Partner Yoga:

This is a fun way of practicing yoga with another person! In the video, I am practicing with my daughter, Eva-Rose. You can practice with a parent too, or a sibling or a friend. Differences in heights can sometimes be a little tricky, but most of the postures can be adapted.

Partner Yoga helps us work a little deeper, as the support from another can help us balance better, feel a deeper stretch and help us stay longer with the breath. The postures are mutually beneficial – for example, you may be in a backbend whilst your partner is enjoying a forward bend.

The session is appropriate for beginners and even reluctant parents! It is relaxing, playful, calming and helps you connect on a kind and supportive level. It is all about mutual support and care.

Again, feel free to add some relaxing music as you practice...enjoy!