



STRENGTHEN

EMPOWER

INSPIRE

TEEN YOGA 101

Yoga for Ages 13 +

Our Teens **YOGA 101** program has been designed to introduce teens to the ancient practice of Yoga in a thoughtful, balanced and sequential way

Each class incorporates the key aspects of Yoga – traditional yoga postures (*asana*), breathing techniques (*pranayama*) and guided relaxation (*yoga nidra*) – while also introducing partnering and group yoga exercises.

A new area of focus is workshopped each week, such as sun salutation sequences, balancing postures, forward bends, back bends, twists and partner yoga.

The **YOGA 101** program has been designed to help students

- develop strength, flexibility and self-awareness
- increase confidence, resilience, self-esteem and concentration
- reduce the negative impacts of stress and anxiety
- build a sense of openness and cooperation

All mats and props are provided – nothing for students to bring but their water bottle.

YOGA 101 COURSE STRUCTURE

In addition to the balanced Yoga practice that will comprise the majority of each class, the course will also work through each of the areas below each week

Week #	Areas of Focus
1	Pranayama Attention to the breath and yogic breathing techniques. A range of different techniques are taught to assist participants not only to move through the Yoga postures with greater ease, but also to assist them outside the yoga room, ie. to calm and relax themselves during times of stress or anxiety, to assist with sleep, or to reinvigorate and energise when extra effort or concentration is required
2	Surya Namaskar & Vinyasa Sun Salutations and understanding of yoga flows. Sun salutations, or Surya Namaskar series, are sequences of flowing postures to awaken and warm the body at the commencement of Yoga classes. A range of different modifications and adjustments are incorporated to enable all participants to undertake these invigorating and rhythmic flowing sequences.
3	Balancing Postures Building and maintaining strength and focus are the major benefits that we derive from undertaking balancing postures, but they also help to improve posture and body alignment and provide us with opportunities to meet, accept and overcome challenges

4	<p>Yoga Nidra Relaxation and guided meditation – Undertaking Yoga postures in time with the breath is often referred to as an “open eye meditation”. Incorporating some dedicated relaxation time within each class is an integral part of the Yoga experience to enable the calming, restorative benefits of the physical practice to take effect. Providing specific Yoga Nidra, or gentle guided meditations, can further enhance these benefits.</p>
5	<p>Forward Bends In addition to helping maintain spinal health and strength, gentle forward bends are believed to encourage introspection. They also help to innervate the parasympathetic nervous system, promoting a sense of calm and slowing the heartbeat and respiration rates, while gently massaging and toning the digestive organs.</p>
6	<p>Back Bends Similarly, gentle back bends help to ensure the spine maintains its full range of motion and healthy function, while also fostering a sense of courage and openness. In addition, back bends help to gently massage and tone organs within the digestive and respiratory systems, while also gently stimulating the adrenal glands, helping to maintain and improve their healthy function.</p>
7	<p>Twists Twisting postures are incorporated into all classes to help the spine maintain its full range of motion and to tone and flush through the organs of the digestive, reproductive and lymphatic systems. Twists can also help us see things from a new or different perspective</p>
8	<p>Inversions Inversions are postures that place the head below the level of the heart, stimulating blood flow to the brain. Some inverted postures are considered restorative and calming, while others can be uplifting and strengthening</p>
9	<p>Sthira & Sukha Sanskrit for “alignment and stability” these are core elements of the practice of Yoga and are taught throughout the program. This particular focus will reinforce the need to maintain the correct alignment and stability as we near the end of the 10-week program.</p>
10	<p>Virabhadrasana Series Yoga Warrior Series – These stronger standing postures are included in all classes, helping to build strength, bone density and muscle mass, while improving flexibility and stamina. Focussing on this particular series at the completion of the program enables participants to see in very clear terms the improvements they have made in terms of strength, flexibility and endurance over the course of the program.</p>