

www.teenyoga.co.uk  
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## Mat chat

***“I started yoga over 3 months ago and I have noticed a dramatic change in my flexibility. I started doing yoga for my D of E bronze and have continued it even though my course has finished. When I first came to yoga I was ridiculously inflexible but after only a few weeks I noticed my flexibility improving.”***

*“Not only is yoga good for strength, it is also amazing for stress relief. I am in year 10 and I have found that when I am preparing to enter an exam and I am nervous the breathing I learnt really helps me stay calm. Yoga also helps stiffness that comes with age.”*

***“Yoga is really beneficial for you. It is about making your muscles stronger and your body more flexible. It has the same benefits as going to the gym but less stressful.”***

*“You see improvements in yourself when you’re competing in sport. You can move faster.”*

***“Yoga is like time out space in the middle of the week to take you away from exam stress and everything. You can put things to one side for about an hour and it’s really helpful.”***



Scan the code (right) with the QR reader on your smart phone or tablet to view our Sportivate TeenYoga movie.



## Other courses

- Yoga for sports
- Mindfulness in schools
- Yoga for school staff
- TeenYoga teacher training

## More information

### Courses

Get in touch with your local TeenYoga teacher Charlotte Course.

### TeenYoga (UK)

[www.teenyoga.co.uk](http://www.teenyoga.co.uk)

### Research and articles on the benefits of yoga for young people

[www.teenyoga.co.uk/research](http://www.teenyoga.co.uk/research)

***“Young people experience a great deal of pressure, and consequently stress, to perform well in school due to the high expectations on them both academically and socially. Yoga is a great way to deal with this and the TeenYoga course has been extremely well received by students. I recommend the course wholeheartedly.”***

John Chantry, Vice Principal, Ralph Allen School, Bath

## Your local TeenYoga teacher is:

### Charlotte Course

Yum Yoga Limited

Mob: 07966025918

Website: [yumyogaandmindfulness.co.uk](http://yumyogaandmindfulness.co.uk)

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[www.teenyoga.co.uk](http://www.teenyoga.co.uk)



## Yoga and mindfulness for young people

