


A 4-week introduction
to Yoga and Mindfulness



yoga
4 youth



“Yoga, no bendiness required,
only movement and a desire for
stillness within”

Saeed Olayiwola, SO Health



Aim

To support the mental health and physical wellbeing of young people in secondary and independent education. We will give young people the tools to manage stress and anxiety whilst embracing a healthy lifestyle.

Background

The UK has a population of 64.1 million.

According to ukyouth.org, young people aged 16 – 24 are 12% [7.4 million] of that population. There are currently 955,000 young people who are not in education, employment or training [NEET]. In 2011 a report by the Organisations for Economic Corporation Development [OECD], in countries surveyed by the United Nations highlight the UK at the bottom of the list for child wellbeing.

This is apparent in an Office for National Statistics finding of the astonishing number of around 80,000 young people from the age of 5 who suffer from severe depression. This clearly highlights the need for more effective programmes to support young people.

Studies at the University of Wisconsin-Madison and Wake Forest Baptist Medical Centre have shown that yoga helps to relieve stress, whereas the John Hopkins University School of Medicine recently found Yoga equally as effective at battling anxiety, which is why we feel the programme will be most beneficial to these groups above any others.

Proposal

The Yoga 4 Youth Tour will focus primarily on 3 main groups:

◆ Year 7 Pupils

We have identified the transition from primary to secondary school as a key area where pupils may experience stress and anxiety.

◆ Year 10 Pupils

Time leading up to examinations can cause great stress and anxiety.

◆ Students in independent education

Many students in independent education facilities have recently been NEET, and often unengaged. Health and wellbeing is often a very low priority for them, and they also often suffer from behavioural issues. This is a 4-week course, with each session lasting 45 minutes. A recognised associate from SO Health will agree on the best time to hold the sessions with the institution.

The programme will reduce stress and anxiety and promote a healthy lifestyle in young people aged 16 – 24. In doing this, it will support local communities, the Healthy Liverpool agenda and OFSTED guidelines.

To get involved in the **Yoga 4 Youth** Schools Tour ...

click link: <http://sohealthco.com/contact-us/>

Saeed Olayiwola



Managing Director, SO Health



“Your Housing Group is delighted to be supporting the Yoga 4 Youth Tour, promoting health and well-being to young people. Having a sound state of mental health is key for anyone, but especially young people.

Exam time is looming and I’m sure this project will go a long way to help alleviate the stresses.”

Ben Osu
Your Housing Group



