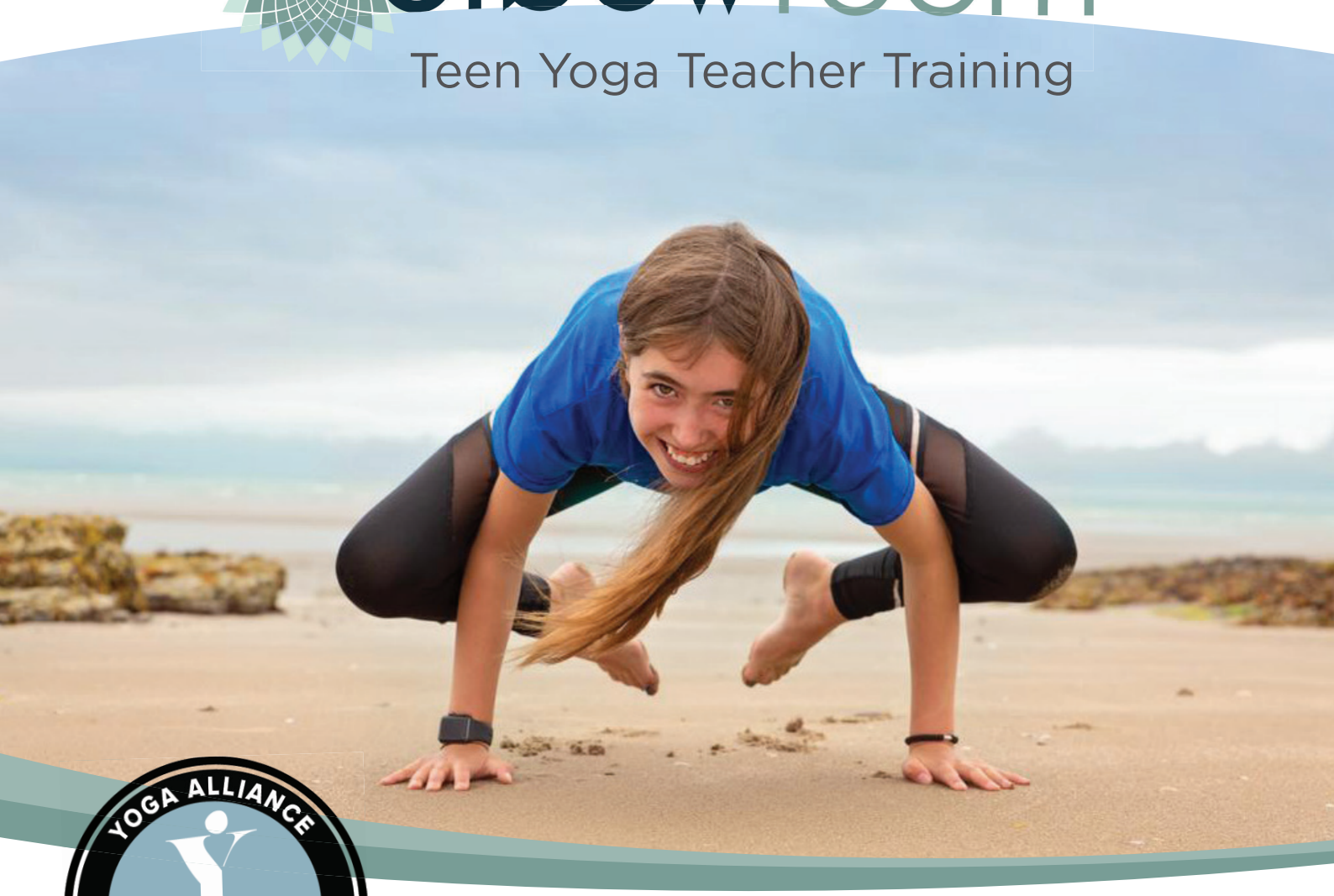
the elbow room

Teen Yoga Teacher Training



YOGA ALLIANCE PROFESSIONALS
YOGA TEACHER

This course is fully accredited by
The Yoga Alliance Professionals and
Full worldwide insurance is available

WELCOME TO THE ELBOWROOM

The elbowroom has been successfully running teacher training courses since 2005. We have a great staff, wonderful studios and a facility to allow our graduates to continue their education through ongoing workshops, seminars, and classes.

This course is designed to prepare adults to teach fun and exciting yoga classes to teenagers. It will incorporate dynamic sequences of traditional poses, partner poses and human mandalas for teens with slow relaxing poses and mindfulness practices.

THE BENEFITS OF TRAINING WITH US

- Free use of our studio to practice teaching clients during the training.
- A full manual with photographs of asana.
- Experienced teacher training instructors.
- Discounted classes and workshops at The elbowroom.

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Teenage Yoga Teacher Training Course

Teenagers face many challenges relating to stress and anxiety. They are often over-looked when it comes to teaching yoga, yet they are the ones who may benefit the most from a regular yoga practice There is, however, a greater emphasis being placed on their wellbeing both educationally and socially but it is still in its infancy. Yoga can be the perfect practice for teenagers.

This training course is designed to prepare adults to teach yoga to teenagers. Participants in this course will be introduced to fun, exciting and dynamic sequences incorporating yoga poses, partner yoga poses and functional animal movements. Mindfulness and relaxation techniques such as breath awareness, pranayama and body scan meditations will be explored in detail.

Instruction will be given on how to conduct and control classes with confidence, integrating the latest neurological findings on the teenage brain with 10 years of teaching experience.

This course is suitable to all yoga teachers who like to upskill as well as those working with teenagers such as teachers, therapists and parents with experience of a regular yoga practice.

This Course Features

- Alignment principles
- Yoga anatomy - the relationship between the bodys different systems
- Teaching Practice

- Benefits of teaching yoga to teens
- Teen anatomy & development and the benefits of yoga
- Identifying with teens
- Pranayama for teens
- Yoga asana for teens

- Teen psychological development/ neuroscience and the teenage brain
- Identifying with teens
- Teens & mental health today
- Positive mental health practices for teens

- Yoga Philosophy in teenage yoga classes today
- Art therapy on the yoga mat for teens
- Mindfulness - the benefits for teens and useful mindful practices

- Partner & Mandala Yoga for Teens - safety, alignment and how to practice
- Sequencing teenage yoga classes
- Challenging behaviours
- Relaxation & visualisations & restorative yoga for teens

Your Instructors

Melissa Curtis

Melissa has been teaching yoga since 2002, having started practicing in her 20's in San Francisco. Her yoga journey started out as a Bikram Yoga Teacher and she is now a fully trained Hatha, Yin, Pre&Postnatal, Pilates, Kids Yoga teacher and has taken two 300hr yoga teacher trainings.

Melissa has always loved working with children, now has 3 children herself and after the birth of her 2nd child she went on to become a qualified Kids Yoga Teacher in 2010 and then took another kids yoga training in early 2014 before taking over the Kids Yoga Teacher Training at The elbowroom. Her experience from teaching at trainings brings us the highest of standards of quality teaching which is always confirmed by every trainee that trains with us. Melissa's knowledge, experience, gifted way of training and dedication to maintaining the excellent standard of manuals given means everyone will be ready to teach from the moment they finish this course.

Gayle Kelly

Gayle has been teaching adults, kids and teens yoga since 2005. Gayle's original
teacher training was in 2005 with YTTC, and then in 2009 with YTI and in 2018 she completed her 500hr in The Elbowroom. Gayle has trained in Pregnancy Yoga, Yin Yoga, Restorative Yoga and Hatha. She loves sharing the practice of yoga with people from all walks of life regardless of age, gender, social status, ability or disability. Gayle's first children's yoga teacher training was in 2007 with Yogabuddies, and again in 2016 in The Elbowroom and also in 2019 with Yoga Banana's. Gayle teaches children and teenage classes regularly in schools as well as regular adult classes in Dublin. Gayle believes that yoga is such a diverse practice from ancient times that can be adapted and adjusted to suit the needs and abilities of all people throughout different stages of life.

Upcoming Dates & Fees

2027 - Weekend Dates

Class Times: 9:30am - 5:30pm

Mar 6th & 7th

Apr 10th & 11th

May 8th & 9th

Investment of €950 for full course

€799 Early Bird

Payment plans are available to spread the cost of your training throughout the year.

Contact Moya at The elbowroom Training School:
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www.the-elbowroom.com