

# HIPPOCAMPUS INSTILL CONFERENCE

## SAT 23/11/19 TEEN YOGA

8.00-9.00	<b>Yoga</b>
9.00-10.45	<b>Plenary session: Hippocampus</b>  <b>900 - 915 Charlotta Martinus</b> - EU Hippocampus Yoga Intervention; Challenges, And How to Implement In Your Setting  <b>915 – 945 - Nick Kearney</b> – Hippocampus Research Findings  <b>945 - 1030 Inaki Tajes:</b> How to use the YUVA YOGA APP, developed in the Hippocampus project  <b>1030-1040 Pippa Jackson</b> - Research from the Anna Freud Institute on Young Girls' Attitudes to Yoga Before & After  <b>1040 Nick Kearney</b> Intro to the Workshops
10.45-11.15	BREAK
11.15-12.30	<b>Parallel Sessions - Future Avenues for the Hippocampus approach:</b>  1. <b>Anna Norbury</b> – In The Curriculum; An Example of Yoga in PSHE in a Predominantly Muslim School in Camden, Challenges and Successes  2. <b>Dr Jo Barker and Aeron Gates</b> – In A Therapeutic Setting; Yoga for Self Harm/Self Care  3. <b>Natalie Freeman</b> - For Inclusivity; Young People, Yoga and Sex Ed for LGBTQ+ Contexts  5. <b>Dianne Murphy</b> - For Emotional Regulation; Yoga for Stress Relief

12.30-13.30	<p>LUNCH BREAK</p> <p>featuring THE MARKETPLACE (Main hall) from 12.45</p> <p>➤ MENTORING &amp; FAQs - <b>Diane Murphy</b> is a Teen Yoga Mentor and is on hand to answer your questions, share FAQs and introduce you to the TeenYoga Mentoring Service, should you so wish.</p> <p>➤ THE BUSINESS OF YOGA - <b>Jess Funke and Nicky Dye</b> are sharing information on Wellbeing Days, tips for getting new business, collaborations, marketing, funding, and more.</p>
13.30-14.45	<p><b><i>Parallel sessions - Future avenues for the Hippocampus approach:</i></b></p> <ol style="list-style-type: none"> <li>1. <b>Anna Norbury</b> – In the Curriculum; An Example of Yoga in PSHE in a Predominantly Muslim School in Camden; Challenges and Successes</li> <li>2. <b>Emily Haslam-Jones</b> - As a Therapeutic Intervention for Adverse Childhood Experiences; Yoga for Trauma, Emotional Regulation and Resilience</li> <li>3. <b>Alexandra Barrett</b> - As a Therapeutic Intervention; Yoga and Occupational Therapy for Eating Disorders</li> <li>4. <b>Pauline Reay</b> - Yoga At Youth Clubs and in the Community; Securing Funding</li> </ol>
14.45-15.15	Tea Break
15.15-15.45	<b>Charlotta Martinus</b> - TY Ambassadors and Mentoring Service
15.45-16.45	<p><b><i>Young People’s Panel debate – Teenagers in Society</i></b></p> <p>How Yoga Can Help Young People. Led by <b>Amina Smith Gul</b>.</p>
16.45-17.00	Closing remarks by <b>Nick Kearney</b> – the Future of Hippocampus

See Hippocampus requirements