

# URBAN HOOPS



PEACE IS A  
LIFESTYLE



**INFORMATION  
BROCHURE**



## Urban Yogis UK

Urban Yogis UK provides support to young people and communities by using yoga, education and relationships to create positive futures. Our aim is to make Yoga accessible to all so that it breaks down social, economic, gender, cultural and any other barriers that prevent people from practicing.

Our team have a wide range of experience and qualifications within yoga, sport/movement, social care, education, and youth & community work. This enables them to deliver a brilliant service to young people and communities. The team are all motivated and passionate about helping young people, and believe that Yoga has the power to make a positive impact in people's lives







## What do we offer?

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### Community Yoga (youth & adult)

Our Community Yoga sessions can be delivered to young people and adults. They involve physical yoga practice, breathing exercises to support emotional regulation, mindfulness and meditation. The classes are between 1 to 1.5 hours and are delivered by qualified yoga teachers and youth/community workers. We deliver our community yoga in community centres, youth clubs, schools, sports clubs and prisons. We aim to increase community cohesion, improve physical and mental health and build positive relationships.



## Mentoring

We offer a bespoke mentoring service which is aimed at supporting young people with an emphasis on mental health. Our youth workers are all qualified yoga teachers so many of the yoga practices like mindfulness and meditation are taught to the young people during their mentoring sessions so they're able to use these tools when they're in need. Our youth workers support young people within homelife, community and school during times that suit them. Our team delivers educational mentoring sessions around key topics such as healthy relationships, consequential thinking, online safety, exploitation/crime, behaviour change, emotional regulation and more.



## Education & Workshops

We can deliver bespoke programmes on specific topics to meet the needs of young people and adults. The education is from our Urban Yogi curriculum which covers topics such as mindfulness, healthy relationships, mental health, online safety, serious youth violence, gangs, county lines and more.

The programmes will be delivered as packages which include physical yoga practice and education workshops, we usually split the sessions between both. These are 4, 8 and 12 week programmes and can be tailor made to your needs.

# Approaches to practice

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## 02

### Restorative & Transformative practice

Restorative Practice involves building and maintaining healthy relationships, resolving difficulties and repairing harm if there has been conflict between individuals or groups. Transformative Practice gets to the root cause negative behaviour and mindsets, when you can understand the history behind your decision making and behaviour you're more likely to be able to take a different path. Both approaches are community and person centred led which is empowering and promotes equality. Both approaches lead to long term positive outcomes for individuals and groups.

## 01

### Relationship based youth/community work

Relationship-based youth/community work is about creating relationships with young people and families, which provide opportunities for them to engage in authentic, meaningful and positive relationships so that they can aspire and reach their full potential. Our team have their own lived experiences which support them to connect and guide young people to reflect on the paths they choose in life. Relationships based approaches rely on peoples being 'real' and treating everyone they work with as equals so we learn from each other.



# 03

## Trauma-Informed practice

safely and effectively. Teaching yoga in a trauma informed approach means that every yoga class is created taking into account the participants backgrounds and experiences, the classes are planned even down to where the mats are set up, the language we use and how the movements are pieced together. Yoga works heavily on the nervous system so our approach aims to ease people into their Parasympathetic nervous system in which they will come away feeling less stressed, anxious or angry.



# Urban Yogis Five Pillars

THE URBAN YOGIS FIVE PILLARS UNDERPIN ALL OF OUR WORK AND THEY HAVE BEEN CHOSEN BY OUR YOUNG PEOPLE, COMMUNITY AND STAFF.



Physical activity through Yoga and Movement



Education and employment pathways



Building positive/healthy relationships



Improving well being and mental health resilience



Sharing Yoga practices which can be tools everyday life







## Get in touch

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Please get in contact for more information and prices

Contact us:

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