

INSTILL HIPPOCAMPUS EVENT

November 23rd, 2019

Friends House, Euston Road, London, UK

Schedule

| | |
|-------------|---|
| 8.00-9.00 | YOGA |
| 9.00-10.45 | <p><u>Plenary session: Hippocampus</u></p> <p>9.00 - 9.15 Charlotta Martinus - The Hippocampus Yoga Intervention: Challenges and implementation in your setting.</p> <p>9.15 - 9.45 - Nick Kearney – Hippocampus research findings</p> <p>9.45 - 10.30 - Inaki Tajés - How to use the YUVA YOGA APP, developed in the Hippocampus project</p> <p>10.30 - 10.40 - Pippa Jackson – Other recent research: Young Girls’ Attitudes to Yoga Before & After</p> <p>10.40 - 10.45 Nick Kearney Intro to the Workshops</p> |
| 10.45-11.15 | BREAK |
| 11.15-12.30 | <p><u>Parallel Sessions - Future Avenues for Hippocampus</u></p> <p>Anna Norbury – In the curriculum: Yoga in PSHE</p> <p>Dr Jo Barker and Aeron Gates – In therapeutic settings: Yoga for Self Harm/Self Care</p> <p>Natalie Freeman - For inclusivity: Young People, Yoga and Sex Ed (with LGBTQ+ Contexts)</p> <p>Dianne Murphy - For Emotional Regulation: Yoga for Stress Relief</p> |



| | |
|-------------|---|
| 12.30-13.30 | LUNCH BREAK |
| 13.30-14.45 | <p><u>Parallel sessions - Future avenues for Hippocampus</u></p> <ul style="list-style-type: none"> • Anna Norbury – In the curriculum: Yoga in PSHE • Emily Haslam-Jones - As a therapeutic intervention for adverse childhood experiences: Yoga for Trauma, Emotional Regulation and Resilience • Alexandra Barrett - As a therapeutic intervention: Yoga and Occupational Therapy for Eating Disorders • Pauline Reay - In informal contexts: Yoga At Youth Clubs and in the Community |
| 14.45-15.15 | TEA BREAK |
| 15.15-15.45 | <p><u>Reflections on Hippocampus</u></p> <p>Charlotta Martinus – Other aspects of sustainability: TY Ambassadors and Mentoring Service</p> |
| 15.45-16.45 | <p><u>Young People’s Panel debate – Teenagers in Society</u></p> <p>How Yoga Can Help Young People. Led by Amina Smith Gul.</p> |
| 16.45-17.00 | <p><u>Closing remarks</u></p> <p>Nick Kearney – The future of Hippocampus</p> |

