

## **INSTILL HIPPOCAMPUS EVENT**

November 23<sup>rd</sup>, 2019

Friends House, Euston Road, London, UK

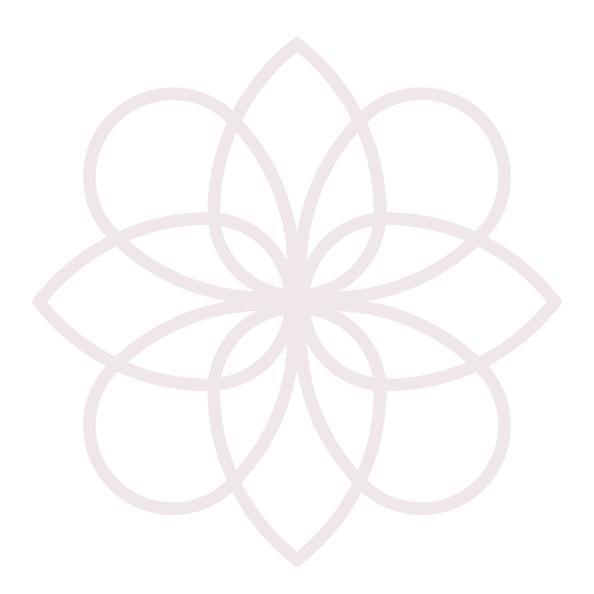
## Schedule

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



12.30-13.30	LUNCH BREAK
13.30-14.45	<ul> <li>Parallel sessions - Future avenues for Hippocampus</li> <li>Anna Norbury - In the curriculum: Yoga in PSHE</li> <li>Emily Haslam-Jones - As a therapeutic intervention for adverse childhood experiences: Yoga for Trauma, Emotional Regulation and Resilience</li> <li>Alexandra Barrett - As a therapeutic intervention: Yoga and Occupational Therapy for Eating Disorders</li> <li>Pauline Reay - In informal contexts: Yoga At Youth Clubs and in the Community</li> </ul>
14.45-15.15	TEA BREAK
15.15-15.45	Reflections on Hippocampus  Charlotta Martinus – Other aspects of sustainability: TY Ambassadors and Mentoring Service
15.45-16.45	Young People's Panel debate — Teenagers in Society  How Yoga Can Help Young People. Led by Amina Smith Gul.
16.45-17.00	Closing remarks Nick Kearney – The future of Hippocampus





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