



## **YES! For schools programme £52.50 10week course**

**Monday 3<sup>rd</sup> November to Monday 19<sup>th</sup> January 2026 2:45 – 3:45**

The **YES! for schools** (*Youth Empowerment Seminar*) is an initiative that promises to transform youth aged 13-18. The programme uses a combination of powerful breathing exercises, meditations and yoga along with mindful awareness towards various emotions, enhancing their emotional intelligence and resilience, and helping them cope with anger, fear and anxiety.

The programme is offered by the UK branch of the charity, International Association for Human Values (IAHV), and taught by a team of professionals who are deeply committed to the welfare of youth.

The purpose of the programme is to empower youth, by providing them with effective and proven tools and techniques to handle stress, anxiety, emotions of anger and violence, and constructively channel their energies to allow them to overcome challenges and thrive even in the most stressful situations.

The vision extends beyond the confines of school environment, aiming to create a positive ripple effect in society. There is a critical need to address the emotional and psychological well-being of all youth, who often face overwhelming stress, trauma, and societal pressures.

The holistic approach combines practical workshops with a powerful breathing technique that is proven to be an adjunct treatment for anxiety, stress, post-traumatic stress disorder, depression, stress-related rage, substance abuse, and rehabilitation of criminal offenders. [*Int J Yoga*. 2013 , 6(1): 4–10, *Journal of Affective Disorders*, 184, 2015, 310-317].

The programme also teaches mind-focused exercises and practical techniques to help cope with challenging situations. Over the course of the programme, typically spanning 20 hours spread over several weeks, participants learn essential life skills to enhance self-awareness, and building confidence. They are equipped not only to navigate immediate challenges but also to cultivate values such as respect, resilience, and service to the community for long-term benefits to the individual and society

The impact is profound and tangible -YFS! graduates emerge with a strong growth mindset and with effective stress management techniques. Through this programme, we envision a future where every young person has the opportunity to thrive, regardless of their circumstances.

**We have 10 places available on a first come first serve basis. Please complete the Google form by scanning the QR code to register by Wednesday 8<sup>th</sup> October 4pm. You will receive an email on Friday 10<sup>th</sup> October with instructions on how to make payment.**

