

The ADHD Movement

ADHD Untangled

Teacher Training for Yoga Teachers, Certified by Yoga Alliance

Unmask your true teaching potential with ADHD!

Ever hidden behind a voice, flow, or playlist that doesn't feel like you, just to feel "good enough"?

Find yourself tangled in confusing class cues?

Feel pressured to over-prepare every class to avoid even the smallest mistake?

Never feel truly satisfied with your teaching, even after glowing feedback?

Caught in cycles of burnout?

Struggle to switch gears between classes or studios?

Sensitive to perceived rejection from students or employers?

Keep signing up for more teacher training because you still don't feel "qualified enough"?

Lose track of time while teaching, often running over?

Course Dates Part 1

Saturday 9th November (Attend Online Live Yoga Class)

Sunday 10th November (Half Day Online)

Course Dates Part 2

Friday 22nd, Saturday 23rd & Sunday 24th November (Full Day Online), 10.30-5.30pm

Location: Online

Cost: £650 (£550 early bird before 11th August)

The ADHD movement is a course created by Rosie Turner, a certified and accredited ADHD coach (ACO) and Yoga and Pilates instructor, in collaboration with the Yoga Alliance.

This specialised training equips you with the knowledge and tools to understand and support yourself and others with ADHD.

Cant make some of the dates? Don't worry all sessions will be recorded and you will have an opportunity to make up live sessions after the training.

HIGHLIGHTS

- Online Format: Flexible learning that fits into your schedule
- CPD Eligibility (Continuing Professional Development) eligible, adding value to your professional growth
- Mix of theory, practice, and live coaching
- Yoga Alliance Certification

CONTENT INCLUDES

- What is ADHD? the Science behind the ADHD Brain
- Learn to identify and understand different types of ADHD
- How Cerebellum Training can harness the power of a Neurodiverse Brain
- Dealing with ADHD as a teacher (time-blindness, working memory, Rejection Emotional Dysregulation (RSD))
- ADHD Teacher Cueing Workshop
- Music & The Brain: How music can positively impact our teaching experience
- Dealing with ADHD in your students
- Unmasking as a teacher

SCHEDULE

Saturday 9th November Day 1: Introduction and Welcome (5.30-8.30pm)

Teacher: Rosie Turner

ADHD friendly Yoga Practice

Introduction & Welcome to the Course

Sunday 10th November Day 2: Understanding ADHD (10am-3pm)

Teachers: Rosie Turner, Wynford Dore & Dr Miguel

My ADHD & Yoga Story: the ADHD Untangled Movement

What is ADHD?

The Science behind the ADHD Brain

How Cerebellum Training can harness the power of a Neurodiverse Brain...

Movement & Meditation for ADHD

How Asana can affect the ADHD Brain (Dr Miguel)

Friday 22nd November Day 3: Addressing Challenges and Treatment (9.30-6pm)

Teachers: Rosie Turner

Comorbidities, addiction & mental health

Dealing with Loved ones & colleagues who don't understand ADHD

Spotting the ADHD yogi / ADHD as a yoga teacher

Asana and the ADHD brain

Saturday 23rd November Day 4: Come as you Are Yoga (9.30-5.30pm)

Teachers: Rosie Turner, Zephyr Wildman, James Brown & James Shaw

ADHD & Supporting Yourself as an Instructor

Finding confidence in your diversity

ADHD Treatment Psychedelics with James Brown

Introduction to ADHD Coaching

Coaching Support Group

ADHD Strengths

Cueing for teachers with James Shaw

Sunday 24th November Day 5: Final Day (9.30-6.30pm)

Teachers: Rosie Turner & Hannah Whittingham

Move & Meditate (Yoga 4Beat practice)

Workshop on creating an ADHD-friendly environment

Supporting Yourself as an ADHD Teacher

Music & The Brain: How music can support you and your students as a ND teacher

Interactive session with coaching and role plays

Reasonable Adjustments

Discussing practical class adaptations

Additional Information

- Extra live hours: attend 3 yoga teacher support groups with Rosie. Plus 1 hour Yoga Class on The ADHD Movement.
- Interactive Elements: Breakout rooms, live coaching, role plays, group discussions.
- Eligibility, you do not have to have completed your 200hr yoga tt or Pilates exam and can participate alongside or before you study as an Instructor.
- Payment plans available on request.

Guest Speakers:

- James Shaw: Head Pilates Teacher Trainer for Third Space
- Dr Miguel: Neuroscientist specialising in Nutrition for ADHD Brains

- Hannah Whittingham: Co-Founder of Good Life Yoga & 4Beat Yoga
- Wynford Dore: Researcher & Founder of Zing Performance.
- Professor James Brown
- Zephyr Wildman

Note: schedule is subject to change.