

TEEN YOGA 13-18 YEARS

95HR TEACHER TRAINING

EMPOWER YOUNG MINDS

CHANGE LIVES - BUILD A MEANINGFUL BUSINESS

TODAY'S TEENAGERS NEED US MORE THAN EVER

We are facing one of the biggest mental health crises young people have ever experienced.
Across the UK, increasing numbers of teenagers are struggling with anxiety, low mood, emotional overwhelm, poor self-esteem, loneliness and chronic stress.

Many are finding it difficult to regulate their emotions, cope with academic pressures, navigate social media, or simply feel safe and confident in who they are.

Schools, parents and professionals are doing an incredible job, but many tell us they simply don't have enough practical tools to support the emotional wellbeing of the teenagers in their care.

By combining movement, mindfulness, nervous system regulation, breath work and trauma-informed practice, you'll learn how to create safe, engaging spaces where teenagers can build resilience, improve emotional regulation, reconnect with themselves and develop lifelong wellbeing skills that extend far beyond the yoga mat.



OUR MISSION

To positively impact 5 million families every year.

Imagine what's possible when thousands of trained practitioners begin supporting children in schools, nurseries, communities and families.

If together we trained just **2,000** WiggleBums Teachers, and each practitioner supported approximately **200** children and families every month, together we could positively impact:

400,000 children and families every month.
That's almost

5 MILLION families every year.

That’s just two school classes each week, or five small community classes, could positively impact around 200 children every month.



WHO YOU'LL BE QUALIFIED TO TEACH

The WiggleBums Teen Yoga & Mindfulness Teacher Training is a comprehensive, trauma-informed online programme designed to equip you with the knowledge, confidence and practical tools to support young people aged 12–18 years.

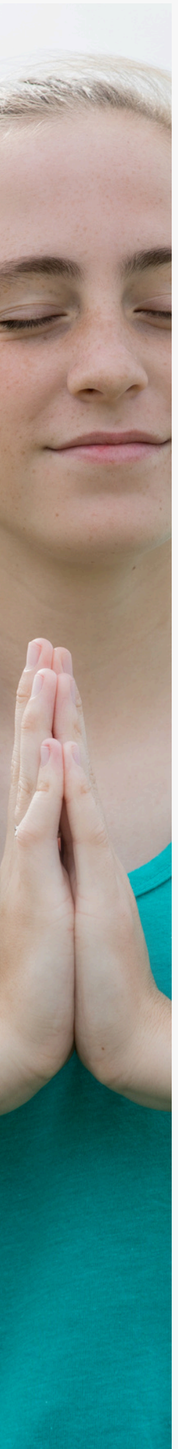


✔️ Secondary Schools
✔️ Colleges & Sixth Forms
✔️ Teen Wellbeing Programmes
✔️ Youth Groups
✔️ Independent Teen Yoga Classes
✔️ Workshops, Retreats & Holiday Programmes
✔️ One-to-One & Small Group Sessions

Study at your own pace through our online Academy... PLUS...

Live Bi-Weekly Zoom Mentoring Sessions

You're never left to figure it all out on your own. Join our live mentoring sessions to ask questions, deepen your understanding, practise your skills, and become part of a supportive community of like-minded teachers and wellbeing professionals, all passionate about helping teenagers thrive.



EVERYTHING YOU NEED TO TEACH

Our syllabus is detailed and comprehensive. Essentially, the course can be broken down into these main sections:

- How to teach pranayama and asana
- 8-week Mindfulness & Meditation course
- Teen Anatomy & Physiology
- Psychological development 12 - 18 years
- Physical, Mental & Emotional development 12 - 18 years
- The History, Philosophy & Modern Applications of Yoga and Mindfulness
- Beliefs and identity how they are created and how they can be rewritten
- Yoga & Mindfulness for Mental Health
- Trauma-Informed Awareness Extensive Module



- Class Plans
- Meditation Scripts
- Mindfulness Activities
- NLP and EFT for Teens
- Behavioural Management
- How to Launch a successful Teen Yoga Business

POTENTIAL EARNINGS

Every business will look different, but here are a few examples of what many of our teachers choose to offer.

Weekly Teen's Classes

- 10 teens per class x £8 per child

Weekly Income

- £80

Run just 4 classes each week:

- £320 per week

Approx.

- £1,280 per month

School Clubs

Typical class size: 15 children x £8 per child
£120 per club
Run 5 clubs per week: £600 per week
Approx. £2,400 per month

After School Clubs

Typical class size: 15 children x £8 per child = £120 per club

- Run 5 clubs per week:
- £600 per week

Approx.

- £2,400 per month

School Workshops

Half-day workshop £175–£250
Full-day workshop £300–£500
Just 2 full school workshop days each month could generate: £600–£1,000 per month

POTENTIAL EARNINGS

Every business will look different, but here are a few examples of what many of our teachers choose to offer.

Online Classes & Memberships
Teach from anywhere and build recurring income through live online classes or an on-demand membership.

Example 1 – Weekly Live Class
20 teens × £10 per class

- Weekly income: £200
- Monthly income: Approx. £800

Example 2 – Monthly Membership
50 members × £15 per month

- Monthly recurring income: £750
- Annual recurring income: £9,000

100 members × £15 per month

- Monthly recurring income: £1,500
- Annual recurring income: £18,000

The beauty of an online membership is that it allows you to support families beyond your local area while creating predictable recurring income.

Holiday Clubs
Holiday camps are one of the highest-earning opportunities.
20 children x £30 per child
One-day holiday club: £600
Run a 5-day holiday camp: £3,000

Family Wellbeing Workshops
Typical fee: £15–£25 per family 20 families attending
Approx. £300–£500 per workshop

Retreats
Family Retreat Days
Teen's Wellbeing Days
Mini Mindfulness Retreats
Typical income:
£500–£2,000+ per event

EXAMPLE BUSINESS

A Teen Yoga & Mindfulness Teacher delivering a mix of:

4 weekly teen yoga & mindfulness classes

2 secondary school sessions each week

1 wellbeing workshop each month

1 holiday workshop or retreat each month

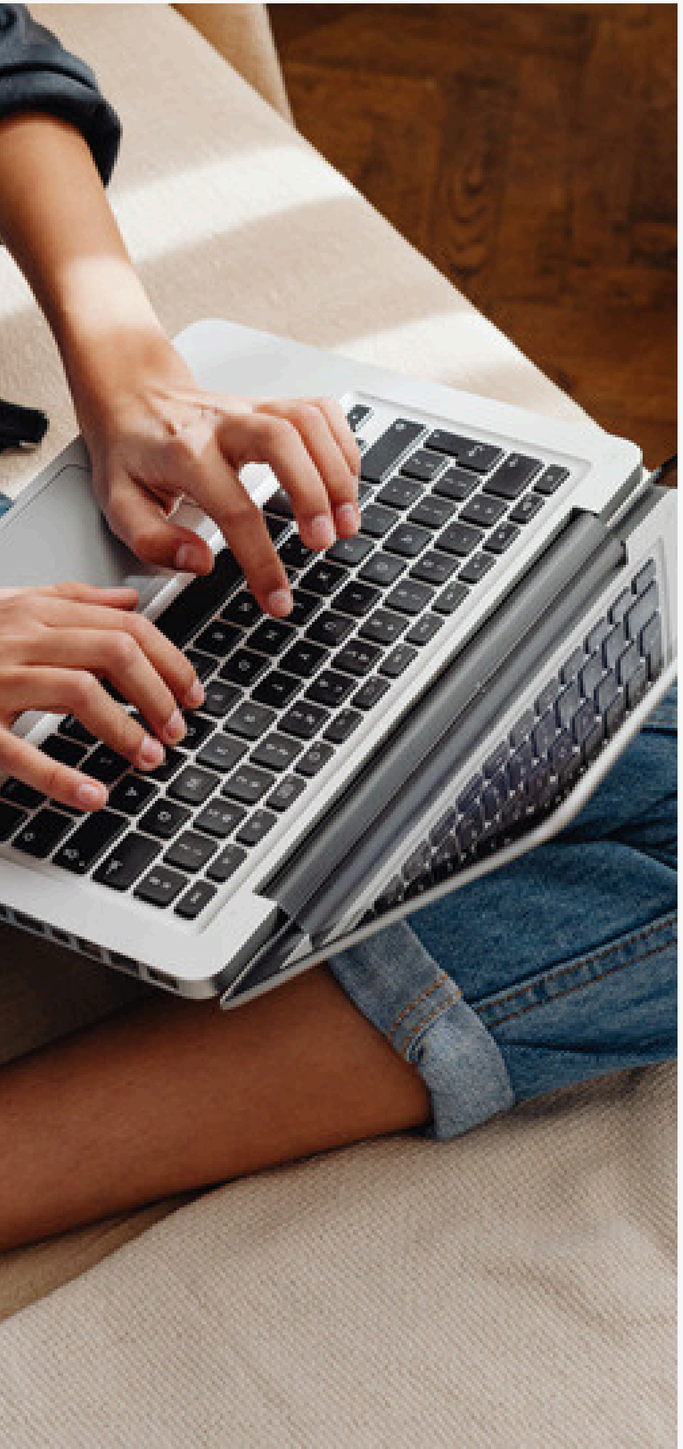
An online class or small membership community

Could realistically generate between:

£2,500–£5,000+ per month

...while working flexible hours around family life or an existing career.

Many practitioners choose to grow far beyond this by expanding into school wellbeing programmes, retreats, online memberships, one-to-one coaching, corporate wellbeing, or by adding one of our complementary trainings, such as Mindset Matters – Life Coaching for Children & Teens, Trauma-Informed Practitioner, or Beyond Labels – Supporting Diverse Needs.



THE RIPPLE EFFECT

This isn't just about creating an income.

It's about creating a business that changes lives.

Every class you teach builds confidence.

Every child you support learns tools they'll carry into adulthood.

Every family you work with creates a ripple effect that reaches schools, homes and communities.

Imagine the impact we could make together.

Your business doesn't need to look like anyone else's.

Some teachers choose to teach one class a week alongside their existing career.

Others build a full-time wellbeing business supporting hundreds of children every year.

You decide the lifestyle. We'll give you the tools to build it.

NEXT STEPS

Once your place is confirmed, you'll receive an email with your training hub login details and a link to my diary so you can book your first training session (if applicable).
If you've chosen the Full Training Package, your printed manuals will be posted directly to you.
If you're opting for the plug-and-play resource only training, you'll still have full access to our training community and ongoing support, so you're never doing this on your own.

Already working with children?

Self-Led - Resource Only Training – £875

- Only for already established Yoga Teachers - learn at your own pace, in your own time. **PAYPAL BUY NOW**

Full Training Package with 1:1 Support – £1200

- No Yoga Training Needed.
- Includes the full training plus bi-weekly 1:1 video mentoring sessions and certification.
- Perfect if you want personal guidance, accountability, and hands-on support. **PAYPAL BUY NOW**

Book a Discovery Call

More Info: Teens Yoga Training

"We look forward to hearing from you!"







WiggleBums Teacher Training Academy

THANK YOU