Promoting Mental Health and Wellbeing among Young People through Yoga

2017-2-ES02-KA205-009942

HIPPOCAMPUS

Yuva Yoga Manual

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1. INTRODUCTION – HIPPOCAMPUS MOBILE APP

The programme and the mobile app constitute an integral part of the approach proposed in HIPPOCAMPUS. Although it is possible to introduce yoga practices without technological support, experience with other similar social software indicates that this helps to maintain interest and motivation (Asimakopoulos, Asimakopoulos, & Spillers, 2017; Ba & Wang, 2013; Wong, Merchant, & Moreno, 2014), and recent research has indicated that it enriches and consolidates the participant's progress (Bakker & Rickard, 2018; Holzinger, Dorner, Födinger, Valdez, & Ziefle, 2010). In this sense, the mobile app is a tool for supporting the programme and providing opportunities for participants to continue their practice at home, in addition to the sessions contained in the programme (García-Holgado, Tajes-Reiris, Kearney, Martinus, & García-Peñalvo, 2019).

Although the mobile app is part of the HIPPOCAMPUS approach, a commercial name was used to publish in Android and iOS stores. The name selected was "Yuva Yoga" where "Yuva" means young in Sanskrit.

2. DOWNLOAD THE APP

The mobile app is available at App Store (iOS) and Play Store (Android), so most of the young people can download it and use in their mobile phones. You can search "Yuva Yoga" in the stores or click in the links available on https://yuvayoga.org.

3. RESTRICTIONS

The mobile app is available for users that are 14 years old or older and we recommend that you use this app under the supervision of a yoga teacher.

4. THE CONTENT

There are more than 100 yoga activities - postures (*asana*), meditations, reflections and breath (*pranayama*) -, 15 yoga sessions included in the app and 4 pilot programs to follow in different periods of the academic year.

All the contents are available in Available in English, French, Italian, Norwegian and Spanish. You cannot select the content language; it depends on the language configured in your mobile phone. For example, if you are in Portugal and you download the app you will have the app in English, but if you configure your mobile phone in Spanish, the contents will be in Spanish.
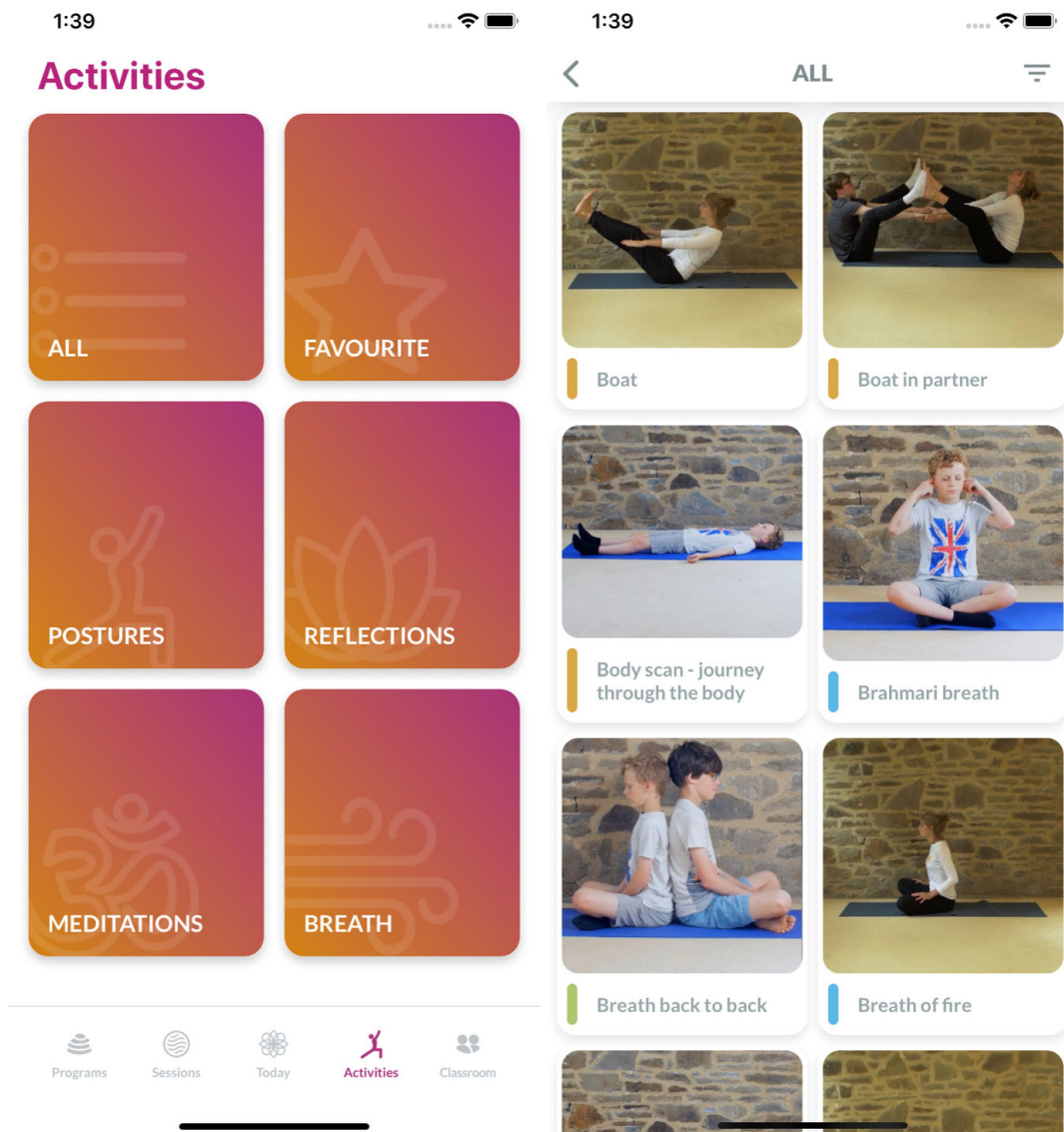
The activities are composed of a title, a video in which a person show how to do the yoga activity and a description of the activity in text. Although it is possible to follow one activity, the main use of the activities is to be part of a yoga session. A yoga session is a set of yoga activities to be carried out in the established order. There are five types of yoga sessions: connect, focus, energise, balance and relax. Depending on the type of yoga session, the results are different. Moreover, inside each yoga session there is a list of the parts of the body that are activated during the yoga session.
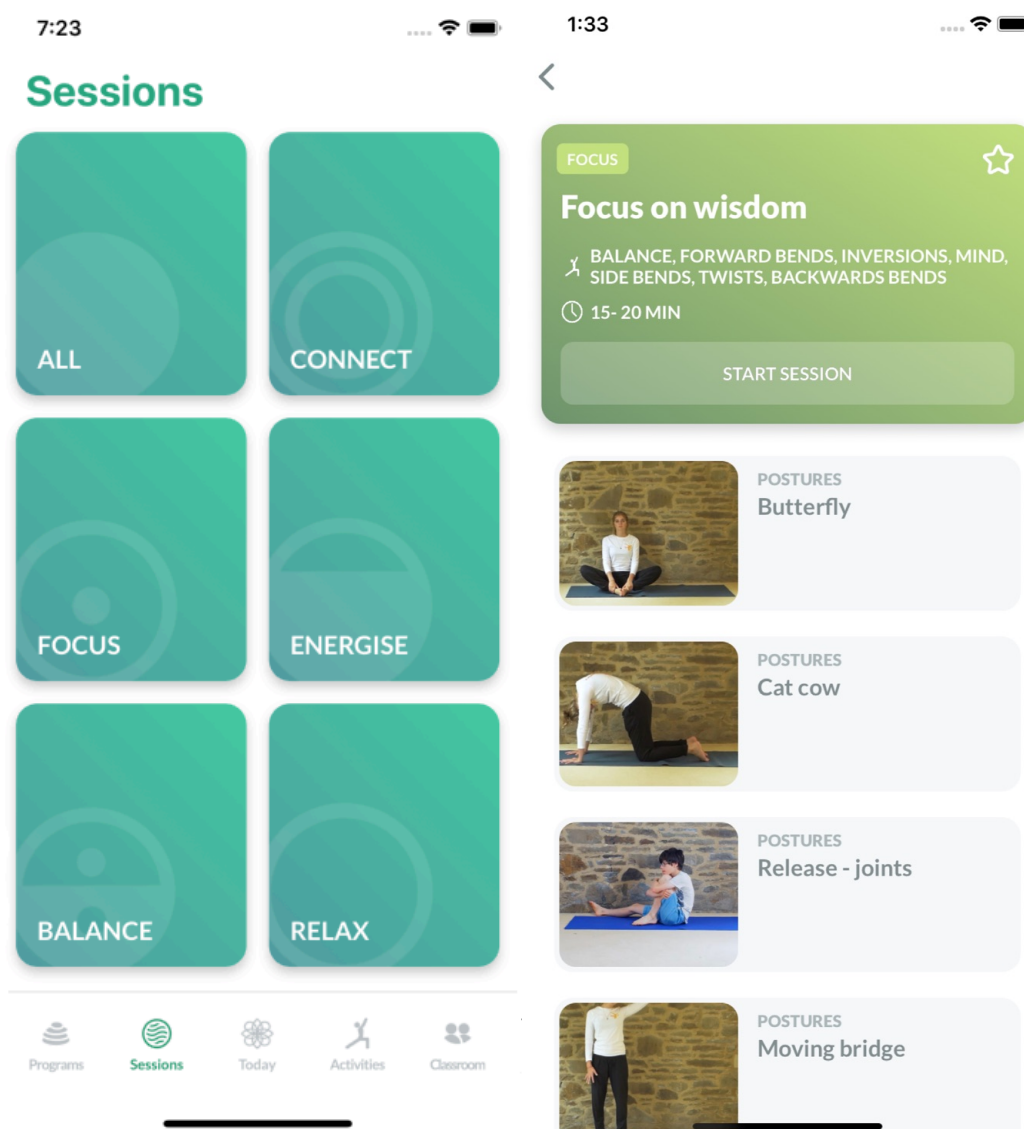
Finally, programs are related to the project aims, promoting the well-being of young people through the practice of a range of techniques derived from yoga. A program is a set of sessions to achieve a set of objectives, such as reduce stress, getting stronger and more relaxed, or waken the body.
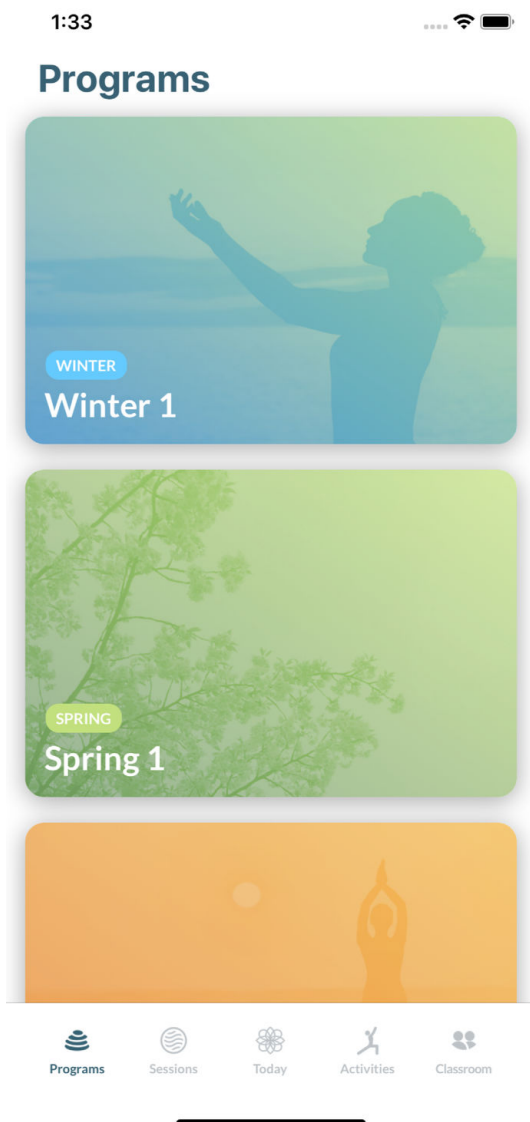

5. THE CLASSROOM

The classroom supports the communication of teachers, educators, youth workers or yoga teacher with young people. It enables teachers to send yoga homework to their students whenever they want a remotely. The teacher, educator, youth worker or the

yoga teacher can create a virtual space (classroom) for each group of students that they work with and send them different kind of sessions that they must practice at home depending on their needs or other relevant information related to their yoga practices. A message inside the classroom space is composed of title (it is the only required), message, session and external link.
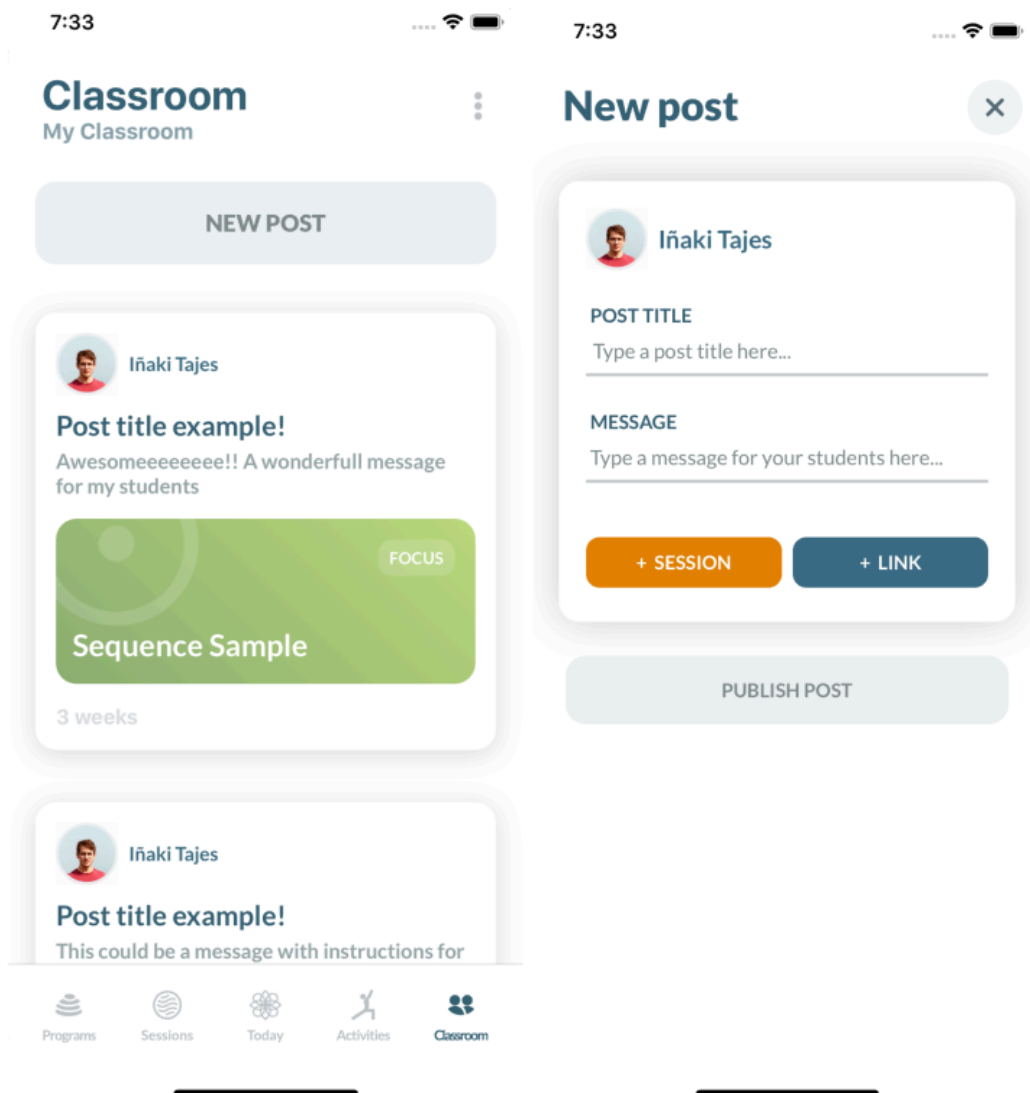
To ensure the control of the environment, and ensure that it is a secure space for young people, the teacher role must be manually validated by the administrator of the app. Moreover, the communication is unidirectional, only teacher can send messages to their students. Students can never communicate between themselves or with the teacher.
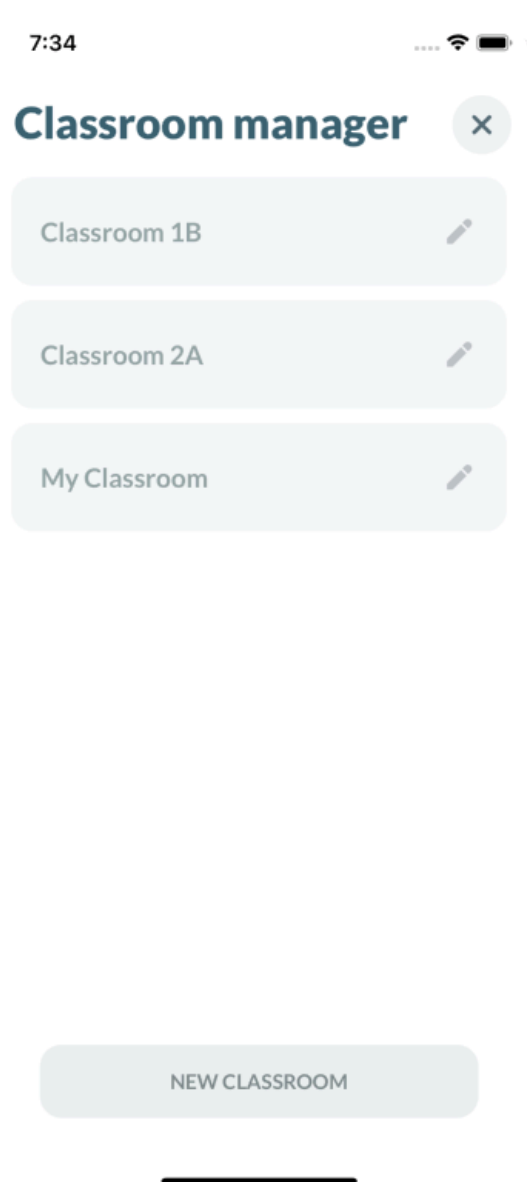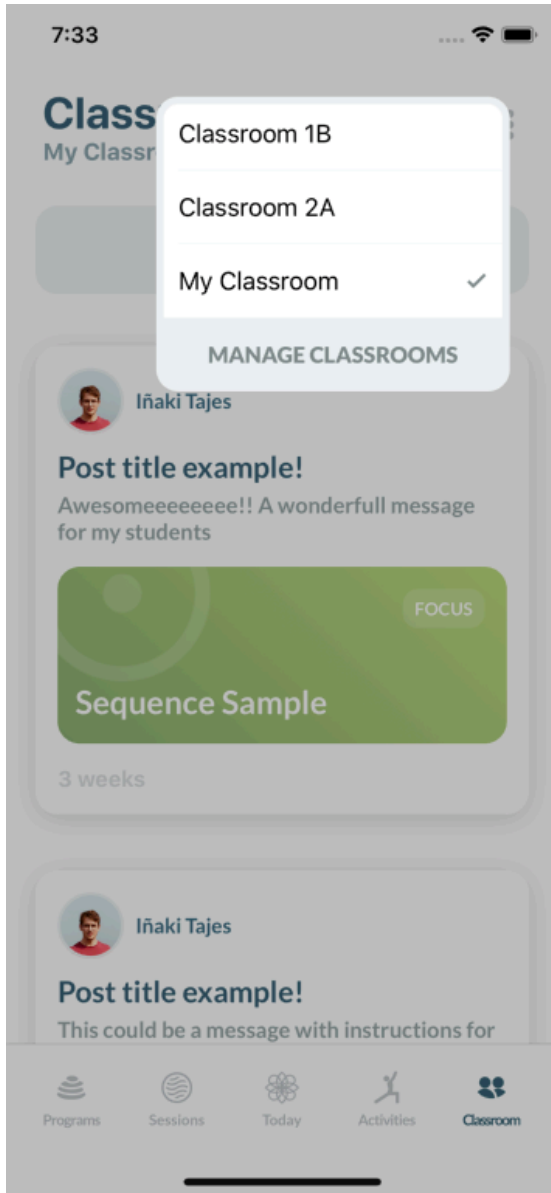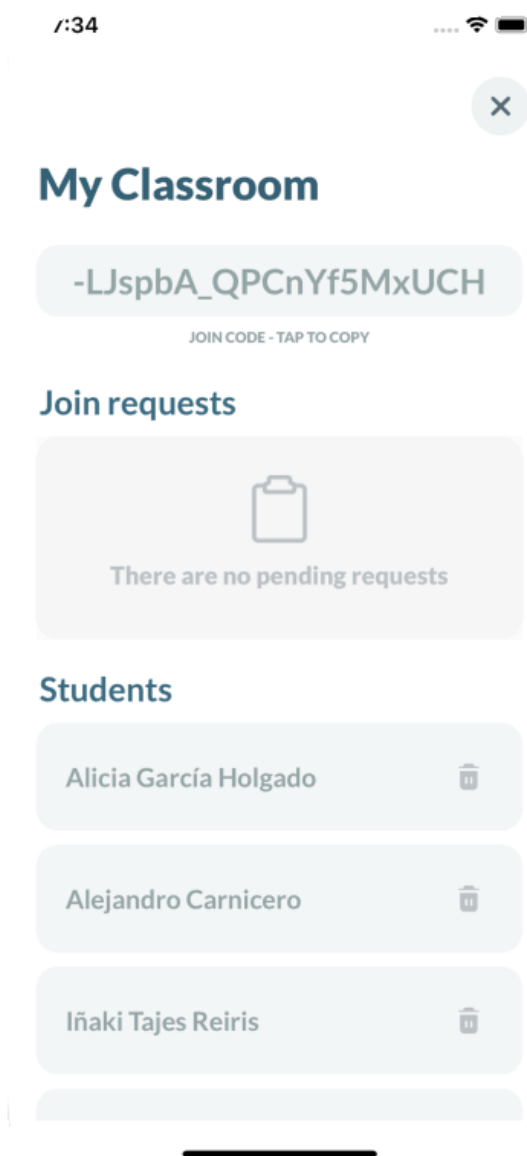
On the other hand, the access to each classroom is regulated by the teacher, who can accept or decline the students request to enter to the classroom. Each classroom has a "join code" associated so the teacher can send the code by email, write in a blackboard or print it to give it to their students.

My Classroom

-LJspbA_QPCnYf5MxUCH

JOIN CODE - TAP TO COPY

Join requests

There are no pending requests

Students

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Alejandro Carnicero

Iñaki Tajes Reiris

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