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STRONGER YOU(TH)



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PROJECT INFORMATION

NUMBER: 2024-1-PL01-KA220-YOU-000253958

ACRONYM: STRONGERYOU(th)

TITLE: STRONGERYOU(th): PROMOTING MENTAL HEALTH THROUGH THE DEVELOPMENT OF A PREVENTION AND INTERVENTION PROGRAMME THAT WILL ENHANCE YOUTH WORKERS KNOWLEDGE AND SKILLS ON MENTAL HEALTH AND SELF CARE, FOSTER YOUTH RESILIENCE AND PROMOTE WELLBEING

ACTION TYPE: KA220-YOU - Cooperation partnerships in youth (KA220-YOU)

WEBSITE: <https://strongeryouthproject.eu/>

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YOGA AND MEDITATION

Partner Organisation Name	Association WalkTogether
Country	Bulgaria

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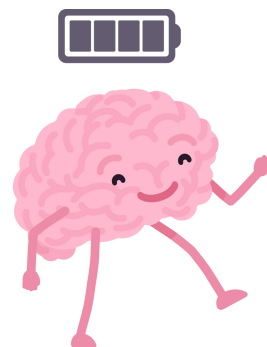
MODULE DESCRIPTION & LEARNING OBJECTIVES

TOPIC DESCRIPTION

This topic aims to explore and understand the mental health benefits of yoga and meditation for young people, and to help them develop the ability to apply these practices effectively. Yoga gives young people tools to calm the body and build resilience, while meditation trains the mind to stay centered and reduce harmful thought patterns. Together, they strengthen emotional regulation, self-esteem, and stress management—foundations of mental well-being in youth.

LEARNING OBJECTIVES

Learners will gain an understanding of how yoga and meditation affect the mind and body, explore different styles and their benefits, and review scientific evidence for their mental health impact. They will also practice basic techniques, apply mindfulness and breathing for stress management, and create a personalized yoga and meditation plan to support their own well-being.





Module Topics & Structure

1. **Introduction to Yoga and Meditation**
2. **Yoga and Mental Health**
3. **Meditation and Mental Health**
4. **Scientific Research and Case Studies**
5. **Integrating Yoga and Meditation into Daily Life**





LEARNING OUTCOMES

Knowledge & Understanding

- Explain the physiological and psychological effects of yoga and meditation.
- Identify various styles of yoga and types of meditation and their specific benefits.
- Discuss scientific evidence supporting the mental health benefits of yoga and meditation.

Skills

- Demonstrate basic yoga and meditation techniques aimed at improving mental well-being.
- Apply mindfulness and breathing techniques to manage stress and emotional states.
- Develop a simple, personalized yoga or meditation plan to support mental health.





INTRODUCTION TO YOGA AND MEDITATION

1. Theoretical Concept

The origins of yoga trace back 4,000–5,000 years. It wasn't until the second century B.C. that the sage Patanjali compiled the first written teachings of yoga in the Yoga Sutras. In this foundational text, he described what we now call the Eight Limbs of Yoga—practices which are said to purify both body and mind. To “live yoga” means weaving its principles into our daily lives and carrying the lessons learned into every aspect of our worldly experiences.

Meditation is a practice that centers on calming and focusing the mind through various mental and physical techniques. Different forms of meditation can be used for different purposes—whether to relax, ease anxiety and stress, or support overall well-being.

2. Practical Activity Structure

Name of Activity: Yoga and Meditation for Beginners

Goals: Getting familiar with yoga and meditation

Materials Needed: [Easy Yoga For Beginners](#); [5 Min Meditation Anyone Can Do Anywhere](#)

Duration: 25 minutes

Step-by-step Instructions: Open the links above and first do the beginners yoga class and then the easy 5-minute long meditation

Reflection / Follow-up: Compare your mental state before and after the two practices



YOGA AND MENTAL HEALTH

1. Theoretical Concept

A study called “Exploring how different types of yoga change psychological resources and emotional well-being across a single session” by Park et al. focused on how a single session of yoga—incorporating meditation, active and restorative postures, and breathwork—affects psychological resources like mindfulness, body awareness, self-transcendence, spiritual peace, and social connectedness, as well as emotional well-being. Results showed that participants experienced increased positive emotions—specifically revitalization and tranquility.

2. Practical Activity Structure

Name of Activity: Yoga for Better Mental Health

Goals: Feel the psycho-emotionals benefits of yoga

Materials Needed: [A Feel Good Yoga Flow To Rejuvenate Your Day;](#)
[Feel Good Yoga For Total Mind & Body Re-Alignment](#)

Duration: 45 minutes

Step-by-step Instructions: Open the links above and do the yoga classes (one of them or both)

Reflection / Follow-up: Compare your psycho-emotional state before and after the practices



MEDITATION AND MENTAL HEALTH

1. Theoretical Concept

Meditation, one of the Eight Limbs of Yoga, is a practice of focusing the mind on a single point of attention—whether the breath, a mantra, calming music, or a visual image. By quieting distractions, meditation nurtures a state of clarity and calm that directly supports mental and emotional well-being.

Research has shown that regular meditation can significantly reduce stress and anxiety, improve mood, enhance emotional resilience, and promote better sleep. It also strengthens focus and concentration, making it a valuable tool for maintaining mental balance in daily life.

2. Practical Activity Structure

Name of Activity: Meditate for Stress and Anxiety Relief

Goals: Experience the guided meditations to learn how to better cope with stress and anxiety

Materials Needed: 15 Min Guided Meditation For Stress & Anxiety;
Master Your Mind To Eliminate Stress, Fear, & Anxiety.

Duration: 25 minutes

Step-by-step Instructions: Find a quiet spot and listen (preferably on headphones) to the two guided meditations

Reflection / Follow-up: Compare your mental state before and after the two meditations



Scientific Research and Case Studies

1. Theoretical Concept

According to a BBC article regular yoga practice is linked to greater grey matter density in the brain, key to memory, emotional regulation, and self-awareness. This supports recovery from neurological conditions, and reduces symptoms of stress, anxiety, and PTSD. Researchers suggest that the mindfulness aspects of yoga fosters emotional resilience and improved mental regulation. The article "Meditation and Its Mental and Physical Health Benefits in 2023" suggests that meditation enhances affective regulation and promotes sustained positive emotional states, with clinical studies reporting significant reductions in anxiety disorders, major depressive disorder, and stress-related conditions. Evidence also indicates its therapeutic potential for PTSD.

2. Practical Activity Structure

Name of Activity: How Yoga And Meditation Changed My Life

Goals: Learning about the yoga and meditation journeys of people

Materials Needed: YOGA BENEFITS AND MY YOGA JOURNEY;
Meditating Every Day for 3 Years Changed My Life

Duration: 20 minutes

Step-by-step Instructions: Watch the videos with testimonials of people about their yoga and meditation journeys

Reflection / Follow-up: Reflect on the possibility to have your own life-changing yoga and meditation journey

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Integrating Yoga and Meditation into Daily Life

1. Theoretical Concept

Different yoga styles have a different mental health effect. Gentle forms like Hatha and Yin calm anxiety, stress, and burnout. More dynamic forms like Vinyasa, Ashtanga and Power Yoga support focus, resilience, and mood elevation.

Breathing practices (pranayama in yoga) are often paired with meditation to regulate the nervous system and deepen awareness. Meditation calms the mind, while breathing techniques regulate the nervous system. Together, they create a powerful synergy for stress reduction, emotional healing, and improved focus.

2. Practical Activity Structure

Name of Activity: Small Steps Lead to Big Journeys

Goals: To implement into daily life a simple yoga, pranayama and meditation routine that is suitable for complete beginners

Materials Needed: What Are Sun Salutations & Why Do We Practice Them?

Duration: 30 minutes

Step-by-step Instructions: 15 min Sun Salutations → 5 min pranayama (deep belly breathing) → 10 min mindfulness meditation.

Reflection / Follow-up: Journal about the changes in your mental health



KEY LEARNINGS

- **Summarise the key ideas or insights from your module.**

Yoga and meditation complement each other: yoga calms the body and builds resilience, while meditation trains the mind to stay centered and reduce negative thought patterns. Mental health benefits include stronger emotional regulation, stress management, and improved self-esteem—essential foundations for youth well-being. Learners explore different styles and techniques, understanding how each benefits mental and emotional health. The module emphasizes the scientific evidence supporting these practices, connecting them to real mental health outcomes. Practical application is central: learners practice basic yoga, mindfulness, and breathing techniques and develop a personalized self-care plan.

- **What should youth or youth workers take away from this?**

Young people will have tools to manage stress, anxiety, and negative thinking. They will develop confidence in applying simple yoga and meditation practices daily.

Youth workers will have a clear understanding of the mental health benefits of yoga and meditation for young people. They will have resources for integrating yoga and meditation into youth programs as accessible, effective mental health tools.





GLOSSARY

Yoga – A holistic practice from ancient India that integrates physical postures (asanas), breathing techniques (pranayama), relaxation, and meditation to promote balance of body, mind, and spirit.

Meditation – A mental practice of focused awareness and mindfulness, often involving observing the breath, thoughts, or sensations, to cultivate clarity, calmness, and inner peace.

Pranayama – A branch of yoga focused on regulating the breath through specific techniques of inhalation, exhalation, and breath retention, aimed at improving energy flow, concentration, and overall well-being.





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- [Cleveland Clinic - Meditation](#)
- [Boho Beautiful Yoga](#)
- [The mind-altering power of yoga could improve your mental health](#)
- [Meditation and Its Mental and Physical Health Benefits in 2023](#)
- [Exploring How Different Types of Yoga Change Psychological Resources and Emotional Well-Being across a Single Session](#)