

Course details

Course title

Care 2: Try Seated Yoga

Course code

Q00014613

Course date

Start: 19/06/24

End: 19/06/24

Number of classes

1 sessions

Timetable

Wed 19th Jun, 11:30 to 13:00

Tutor

Georgia Daniel

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

Would you like to keep fitter and become more flexible in the comfort of your own home? Join me in this relaxed and friendly seated yoga class that combines Pilates and yoga together, designed for all skill levels, ages and abilities. The benefits of this class include relief from back pain, reduction in stress and improved sleeping patterns. Did you know that regular yoga practice can support healing even if you are recovering from an illness?

Course description

Chair yoga is a revolutionary idea that allows everybody to access this form of wellbeing regardless of medical history.

Each week we will work the entire body using seated Vinyasa yoga and Pilates to stretch, tone the entire body.

You do not have to have experienced yoga previously as the tutor is well versed in working with absolute beginners, through the more seasoned yoga participant.

The session lasts for 1.5 hours and includes a guided mediation to relax the mind and the body at the end of the session.

All you need to do to prepare:

- Comfortable chair with back support
- Turn off your mobile phone
- Comfortable clothing
- Water
- Blanket for meditation

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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