



Course details

Course title

The Secret Power of Yoga: Sutra

Course code

Q00017035

Course date

Start: 08/10/24

End: 17/12/24

Number of classes

11 sessions

Timetable

Tue 8th Oct, 10:00 to 12:00

Tue 15th Oct, 10:00 to 12:00

Tue 22nd Oct, 10:00 to 12:00

Tue 29th Oct, 10:00 to 12:00

Tue 5th Nov, 10:00 to 12:00

Tue 12th Nov, 10:00 to 12:00

Tue 19th Nov, 10:00 to 12:00

Tue 26th Nov, 10:00 to 12:00

Tue 3rd Dec, 10:00 to 12:00

Tue 10th Dec, 10:00 to 12:00

Tue 17th Dec, 10:00 to 12:00

Tutor

Ione Harris

Fee range

Free to £81.40

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

Discover the wonderful practice of yoga with this introduction to yoga philosophy course according to Patanjali's five foundational philosophical concepts (YAMAS) in the traditional text, THE YOGA . Whether you are seasoned yogi or just initiating an interest, you will love this course. This is a friendly course providing a nourishing blend between physical practice and theory. The aim is to help you discover how the practice of yoga can deepen your spiritual practice and bring more awareness to your life while practising having the self confidence to express yourself. It is ideal for those who want to keep physically, emotionally, mentally and spiritually fit. It will offer you guidelines, like helping hands, to move you deeper into your own authenticity and into a life that is richer and fuller, simply because you are living with more skill. This course is ideal for people who like to contemplate how to live more skilfully as individuals and as a community.

Course description

If you are interested in deepening your understanding of yoga on and off the mat, this course is for you. You will be guided to contemplate five foundational philosophical concepts of yoga (YAMAS) according to Patanjali's Yoga Sutras (traditional text). It will provide you with a friendly, nurturing and fun place even if you feel a little shy of yoga. In the course you will be given the opportunity to:

- deepen your understanding of yoga on and off the mat,
- develop your own personal practice,
- practice a gentle physical asana practice,
- meditat

· have a space to practice authentic expression and listening from the heart. You will recognise how to use the Y to support individual well being, that of the community and the environment. Sharing your experiences in a supported community will help develop self confidence and give the opportunity to explore meaning in your life. Openness is encouraged but you won't be asked to share more than you are comfortable with. Come practice with us, you are welcome!

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 journey. Most of our courses are government funded but if you don't qualify or need

alternative financial help to access them then let us know.

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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