



Course details

Course title

Fitness and Exercise: Yoga to improve core strength

Course code

Q00018225

Course date

Start: 07/11/24

End: 12/12/24

Number of classes

6 sessions

Timetable

Thu 7th Nov, 10:00 to 11:45

Thu 14th Nov, 10:00 to 11:45

Thu 21st Nov, 10:00 to 11:45

Thu 28th Nov, 10:00 to 11:45

Thu 5th Dec, 10:00 to 11:45

Thu 12th Dec, 10:00 to 11:45

Tutor

Nicola Bailey

Fee range

Free to £44.10

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Kagyü Samye Dzong Scarborough
Londesborough Lodge
The Crescent
Scarborough
YO11 2PW

Level of study

Beginners

Course overview

Would you like to improve your core strength? This yoga course will help you to identify and locate the muscles that form the core, and help you to understand that a stronger core stabilises the spine and improves our balance. You will practice a range of accessible postures that help to build core strength in a safe way and also improve core muscle flexibility. Each session will focus on warming up safely for posture practice and a balanced range of postures that help to build core strength and flexibility. You will learn how breathing influences the muscles of the core. Each session will end with a relaxation.

Course description

This Yoga for Core strength course will help you to

understand what the core actually is and how it helps to keep the spine and pelvis

stable. Strengthening the core can help to relieve back ache, improve your posture,

balance and stability and make you less likely to injure yourself when doing daily

activities such as lifting. Women often find that their lower core muscles can

weaken due to pregnancy , child birth and also due to the menopause. This course

will provide a safe and accessible approach to strengthening the core through

yoga, practices will be adapted to meet individual needs allowing you to create the

right degree of challenge for your body.

You will learn a balanced range of practices that both strengthen and release your core muscles. You will learn that releasing and relaxing core muscles is as important as strengthening them. You will learn how breathing influences the core muscles and how to engage and relax the core as you breathe. This is a mat-based course that will include standing, floor based and seated poses. At the end of each session, you will relax through a guided Yoga Nidra practice.

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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