



## Course details

### Course title

Fitness and Exercise: Afternoon Yoga for Everybody

### Course code

Q00010031

### Course date

Start: 12/09/24

End: 28/11/24

### Number of classes

11 sessions

### Timetable

Thu 12th Sep, 13:15 to 14:15

Thu 19th Sep, 13:15 to 14:15

Thu 26th Sep, 13:15 to 14:15

Thu 3rd Oct, 13:15 to 14:15

Thu 10th Oct, 13:15 to 14:15

Thu 17th Oct, 13:15 to 14:15

Thu 31st Oct, 13:15 to 14:15

Thu 7th Nov, 13:15 to 14:15

Thu 14th Nov, 13:15 to 14:15

Thu 21st Nov, 13:15 to 14:15

Thu 28th Nov, 13:15 to 14:15

### Tutor

Caroline Arthur

### Fee range

Free to £27.75

### 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**

The course is suitable for all ages and abilities and for those who are experienced and who have some prior knowledge of yoga. The practices will involve a wide range of techniques including posture, breathwork, mindfulness and meditation, study and reflection. Yoga is a traditional and contemporary class. Each week there is a guided practice where we will work on a variety of practices and techniques modified and adapted to suit all needs. You will be introduced to yoga in a careful, step by step approach with demonstrations and explanations of key postures, breathing techniques, meditation techniques and themes from the teachings.

## **Course description**

Yoga's approach to health and well-being is sensitive and varied and respects each individual's uniqueness and starting point. Each week there is a key posture/s and / or sequence, plus theme which we will build upon in small, manageable steps. There is time before and after each practice for questions and answers and opportunities to clarify teaching points and provide further explanations and demonstrations.

During the course you will learn how to adapt postures and breathing techniques to suit your needs; learn how to link one simple posture into another; understand the sanskrit names for yoga movements (asana); practise simple, seated meditation.

The beauty of yoga is that it can be adapted to a wide range of abilities and experiences.

After the course you can progress to the improver's course or try other approaches to yoga.

Please wear loose, comfortable clothing and have a light meal 1 and a half to 2 hours before a practice. Always practise gently - there is no strain in yoga and no competition. Please always ask if you are in doubt about anything.

## **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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