



## Course details

### Course title

Care 2: Introduction to seated yoga

### Course code

Q00018561

### Course date

Start: 16/09/24

End: 16/09/24

### Number of classes

1 sessions

### Timetable

Mon 16th Sep, 9:00 to 10:30

### Tutor

Georgia Daniel

### Fee:

Free

### 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

All our Care2 courses are completely free for unpaid carers (or those who have previously been carers). You do not need to receive a carer's allowance to qualify. If you are unsure, please contact our call centre advisors who will be able to assist you. This seated yoga is a progression for some and new for others. Suitable for all levels and taught by Georgia an experienced yoga teacher, who offers a range of difficulties to suit everybody. During this relaxed and friendly class, you will learn accessible yoga postures that can be done from the comfort of your own chair. We will cover breath work and body alignment. This class will strengthen your body, increase your flexibility and prepare you for your day by offering a meditation at the end of every session. You will learn how you can benefit from a regular yoga practice that incorporates hand mudras. All you need to do is prepare a space at home where you will not be disturbed, have a comfortable chair with back support and wear comfortable clothing. Look forwards to seeing you there!

## Course description

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This class will require you to purchase a resistance exercise band that works the muscles from a seated position so excellent for people with mobility challenges. Whether you are a complete beginner or a seasoned exercise enthusiast you can choose the thickness of the band you work with that ensures you work to your own ability.

All attendees will be warmly welcomed in this relaxed and friendly class. Excellent for those who find formal yoga and exercise classes challenging due to hip/knee or back problems.

To make this course a little different to those previously taught by this tutor you will also have the option to purchase a yoga strap, this allows you to get into position and release rather than tighten. By alleviating strain in tight areas, your yoga strap can help improve your posture. Facilitates correct alignment. Throughout the course you will learn to feel more grounded, improve focus, reduce stress through breath awareness exercises and learn a simple sequence of a range of seated postures. Your tutor will offer alternatives and adaptations to ensure everyone can participate. Yoga has a massive range of benefits include joint flexibility, improving depressive symptoms, helping with sleep, reducing anxiety

**Source URL:** <https://www.wea.org.uk/courses/humanities-science/health-social-care/16-september-care-2-introduction-seated-yoga>