



Course details

Course title

Fitness and Exercise: Traditional Chair Yoga

Course code

Q00018660

Course date

Start: 05/09/24

End: 24/10/24

Number of classes

7 sessions

Timetable

Thu 5th Sep, 9:00 to 10:30

Thu 12th Sep, 9:00 to 10:30

Thu 19th Sep, 9:00 to 10:30

Thu 26th Sep, 9:00 to 10:30

Thu 10th Oct, 9:00 to 10:30

Thu 17th Oct, 9:00 to 10:30

Thu 24th Oct, 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 at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Online

Level of study

Beginners

Course overview

Chair yoga is a wonderful practice that adapts traditional yoga poses to be done while seated in a chair. It's perfect for people who may have limited mobility or chronic disease such as long Covid, knee and back problems. Also excellent for people who find it challenging to transition between standing and seated positions, or simply want a quick break from office work. In general, yoga can help manage stress, symptoms of depression, and relieves anxiety. It can also boost your mood, and quality of sleep. Seated yoga helps strengthen and lengthen muscles, ease pain and increase mobility. We will cool down and ensure this results in both uplifting and deeply restful practice by including meditation for the latter part of the session. A wonderful to start the day.

Course description

Join me for this Traditional Chair yoga, derived from traditional yoga, an ancient practice with poses that date back over 5,000 years. Traditional yoga poses can be replicated as sitting yoga poses or yoga stretches using a chair. This adaptation makes chair yoga both suitable and enjoyable for individuals at all levels of experience, so whether you are a complete beginner or at another level. Chair yoga is a general term for practices that modify standing yoga poses so they can be done while seated in a suitable chair. These modifications make yoga accessible to people who cannot stand, lack the mobility to move easily from standing to seated to supine positions, or want a quick break from office work!

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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