



## Course details

### Course title

Fitness and Exercise: Afternoon Yoga for Everybody

### Course code

Q00014199

### Course date

Start: 01/05/25

End: 10/07/25

### Number of classes

10 sessions

### Timetable

Thu 1st May, 13:15 to 14:15

Thu 8th May, 13:15 to 14:15

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

Thu 22nd May, 13:15 to 14:15

Thu 5th Jun, 13:15 to 14:15

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

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

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

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

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

### Tutor

Caroline Arthur

### Fee range

Free to £42.00

### 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**

Advanced

## **Course overview**

The course is suitable for all ages for those who have some knowledge of yoga. The practices will involve a wide range of techniques including posture, breath, meditation, study and reflection. Yoga is a traditional and contemporary class. Each week there is a guided yoga practice where we will work on a variety of practices and techniques including posture, breath and meditation. Learners will gain an understanding and insight into the subject area as well as learning ways to improve their general physical and mental health.

## **Course description**

Yoga is a traditional and contemporary class. It is a great way to improve flexibility and strength and improve your mental wellbeing, helping you to release tension and learn how to relax. This is an online ten week course and each week there is a guided practice where we work on a variety of practices and techniques including posture, breath and meditation. You will use a yoga mat to practice onto, and a small cushion or yoga block would be useful. We would advise wearing loose, comfortable clothing. We will practice gently - there isn't any strain in yoga and no competition. Learners will reinforce and build on previous learning, take active part in learning physical movements and background information on wider health issues, whilst making active contribution to their own wellbeing. Suitable for all ages and those with some previous knowledge of yoga.

## **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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