



Course details

Course title

Fitness and Exercise: Yoga for Osteoporosis- Advanced

Course code

Q00014205

Course date

Start: 01/05/25

End: 10/07/25

Number of classes

10 sessions

Timetable

Thu 1st May, 9:15 to 10:00

Thu 8th May, 9:15 to 10:00

Thu 15th May, 9:15 to 10:00

Thu 22nd May, 9:15 to 10:00

Thu 5th Jun, 9:15 to 10:00

Thu 12th Jun, 9:15 to 10:00

Thu 19th Jun, 9:15 to 10:00

Thu 26th Jun, 9:15 to 10:00

Thu 3rd Jul, 9:15 to 10:00

Thu 10th Jul, 9:15 to 10:00

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

Advanced

Course overview

Osteoporosis is a health condition that weakens the bones making them fragile and more likely to break. The origin of the word is from the Greek language to mean 'porous bones.' Bones naturally have some empty space in them to allow them to bend and flex. Those with Osteoporosis or low bone mass have larger spaces and less bone density – predisposing them to fractures and other bone injuries, especially in the hip, spinal vertebrae and some peripheral joints such as the wrists.

Course description

Yoga's gentle, low-impact movements are ideal for those with osteopenia (the stage before osteoporosis), osteoporosis and osteoarthritis. With a regular practice, yoga will help to lubricate joints and keep them moving smoothly; improve strength, flexibility, balance, co-ordination, endurance, muscle mass, agility and energy level – all important for adults with osteoporosis.

Your 'approach' to yoga and 'how' you practise will also help you to develop an increased level of awareness, which in turn will lead to practising with an increased attentiveness to your body – getting to know yourself by listening to your body's feedback and responding appropriately.

The course is suitable for all ages, for beginners and those who already practise yoga. Each week there is a simple, step by step guided practice where we work on a variety of postures which are modified and adapted. The practices and techniques include slow, gentle, straightforward movements; breathing techniques and relaxation.

What yoga can do for you:

- Improve posture
- Create better balance
- Increase your range of motion
- Make you stronger
- Refine your co-ordination

- Lower blood pressure
- Alleviate stress and anxiety
- Alleviate energetic or structural conditions

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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