

Course details

Course title

Seated Yoga

Course code

Q00016414

Course date

Start: 27/06/24

End: 18/07/24

Number of classes

4 sessions

Timetable

Thu 27th Jun, 13:30 to 15:00

Thu 4th Jul, 13:30 to 15:00

Thu 11th Jul, 13:30 to 15:00

Thu 18th Jul, 13:30 to 15:00

Tutor

Nicola Bailey

Fee range

Free to £22.20

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

Seated Yoga allows you to enjoy the health benefits of yoga whilst staying seated in a chair. Seated Yoga is both a fun and relaxing activity that will support your physical and mental well-being. These weekly online sessions will help improve overall fitness and improve your strength, flexibility and mobility. All practices are adapted to meet your individual needs. We will focus on improving your awareness of your breathing as you move, creating a calming flow of movement. Each session ends with a guided relaxation practice helping you to ease symptoms of stress and tension.

Course description

Seated Yoga focuses on making yoga accessible for everyone. This course is

suitable for all and everyone is welcome. Each class will focus on exercises for the

whole body that help to improve your strength, flexibility, and mobility.

You will learn how to sit with good postural awareness and learn relaxation

techniques and breathing techniques that help to calm the mind. You will learn a

series of exercises for the joints that help improve both mobility and strength. You will learn to connect breath and movement as you stretch to create a sense of ease and flow as you move. We will enjoy the practice of a Seated Sun Salutation.

You will learn to practice a balanced range of seated postures that help to promote a healthy back and ease back tension. All postures can be adapted to meet your individual needs through the guidance of your experienced tutor.

Each session ends with a Seated Yoga Nidra practice, this is a guided relaxation of both body and mind which will allow you to ease stress and tension.

You may choose to progress to a longer Seated Yoga and Relaxation course in the Autumn to develop your practice.

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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