



Course details

Course title

Fitness and Exercise: Afternoon Yoga for Everybody

Course code

Q00012610

Course date

Start: 16/01/25

End: 27/03/25

Number of classes

10 sessions

Timetable

Thu 16th Jan, 13:15 to 14:15

Thu 23rd Jan, 13:15 to 14:15

Thu 30th Jan, 13:15 to 14:15

Thu 6th Feb, 13:15 to 14:15

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

Thu 27th Feb, 13:15 to 14:15

Thu 6th Mar, 13:15 to 14:15

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

Thu 20th Mar, 13:15 to 14:15

Thu 27th Mar, 13:15 to 14:15

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

Intermediate

Course overview

The course is suitable for all ages and for those who have some previous knowledge of yoga practice. The practices will involve a wide range of techniques including posture, breathwork, mindfulness and meditation; study and reflection. Yoga is a traditional and contemporary class where each week there is a guided practice working on a variety of practices and techniques. These include posture, breathing and meditation practices. You will gain an understanding and insight into the subject area as well as learning ways to improve your general, physical and mental health.

Course description

Yoga is a great way to improve flexibility and strength and improve your mental well-being through careful attention to breath and movement, helping you to manage tension and learning how to relax. These skills can be practised in our day-to-day activities. This is an online course and each weekly practice will be modified and adapted to suit individual needs so everyone can access the learning at their level. You will need a non-slip yoga mat to practise onto and a small cushion or yoga block would be useful. We would advise wearing loose, comfortable clothing. We will practise gently and carefully - there isn't any strain in yoga and no competition. You will reinforce and build upon previous learning, taking part in learning physical movements and background information on wider health issues, whilst making an active contribution to your own well-being.

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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