

## Course details

### Course title

Fitness and Exercise: Yoga to support a healthy back

### Course code

Q00018222

### Course date

Start: 08/11/24

End: 13/12/24

### Number of classes

6 sessions

### Timetable

Fri 8th Nov, 9:30 to 11:00

Fri 15th Nov, 9:30 to 11:00

Fri 22nd Nov, 9:30 to 11:00

Fri 29th Nov, 9:30 to 11:00

Fri 6th Dec, 9:30 to 11:00

Fri 13th Dec, 9:30 to 11:00

### Tutor

Nicola Bailey

### Fee range

Free to £37.00

### 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**

Beginners

**Course overview**

Yoga is a wonderful practice that supports our physical and mental well-being. This course will allow you to enjoy all the benefits of yoga whilst taking a deeper focus on yoga practices that help to keep your back healthy. Most people suffer from back ache or pain at some point in their lives. Practicing yoga is a good strategy to both prevent and manage back ache. You will learn practices that help to relieve tension and improve back strength and flexibility. Yoga is a non-competitive practice for everyone, you will be encouraged to move with care for your own body, adapting practices to meet your individual needs in a supportive learning environment.

**Course description**

This mat-based course is suitable for anyone who can get up and down from the floor with ease. We will focus on safe practice that is attentive to each individual's needs. You will learn to connect with your breathing to create a calm focus as you move. You will learn the importance of practicing a balanced range of movements to support a healthy back and spine. We will focus on developing both strength and flexibility in the back muscles. You will learn that breathing techniques and guided relaxation can support the relief of back tension.

Yoga practice encourages us to become more aware of our own body. You will be encouraged to focus on how your body feels as it moves, moving with care and

attention. You will be supported to identify which practices are benefiting you and be encouraged to practice independently.

By the end of your course, you will be able to identify the five movements of the spine to support strength and mobility and be able to confidently practice them in sequence. You may want to progress to the next course that focuses on improving joint mobility and strength, an excellent focus for improving circulation and easing stiffness during Winter.

## **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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