

Course details

Course title

Fitness and Exercise: Yoga -Core strength for beginners

Course code

Q00018226

Course date

Start: 20/09/24

End: 25/10/24

Number of classes

6 sessions

Timetable

Fri 20th Sep, 9:30 to 11:00

Fri 27th Sep, 9:30 to 11:00

Fri 4th Oct, 9:30 to 11:00

Fri 11th Oct, 9:30 to 11:00

Fri 18th Oct, 9:30 to 11:00

Fri 25th Oct, 9:30 to 11:00

Tutor

Nicola Bailey

Fee range

Free to £33.30

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

Would you like to improve your core strength? Do you know which muscles make up the core? Or what the benefits of a stronger core are? This yoga course will help you to identify the muscles that form the core, and help you to understand that a stronger core stabilises the spine and improves our balance. You will practice a range of accessible postures that help to build core strength in a safe way and also improve core muscle flexibility. Each session will focus on warming up safely for posture practice and a balanced range of postures that help to build core strength and flexibility. You will learn how breathing influences the muscles of the core. Each session will end with a relaxation.

Course description

This short Yoga for Core strength course will help you to understand what the core actually is and how it helps to keep the spine and pelvis stable. Strengthening the core can help to relieve back ache, improve your posture, balance and stability and make you less likely to injure yourself when doing daily activities such as lifting. Women often find that their lower core muscles can weaken due to pregnancy , child birth and also due to the menopause. There can be a lot of misunderstanding about core strengthening practices, many people think that the postures will be too challenging. This course will provide a safe and accessible approach to strengthening the core through yoga. You will learn a balanced range of practices that both strengthen and release your core muscles. You will learn that releasing and relaxing core muscles is as important as strengthening them. You will learn how breathing influences the core muscles and how to engage and relax the core as you breathe. This is a mat-based course that will include standing, floor based and seated poses. At the end of each session, you will relax through a guided Yoga Nidra 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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