

## Course details

### Course title

Fitness and Exercise: National Back Care Awareness Week: Yoga to support back-care management

### Course code

Q00018227

### Course date

Start: 02/10/24

End: 02/10/24

### Number of classes

1 sessions

### Timetable

Wed 2nd Oct, 18:00 to 20:00

### Tutor

Nicola Bailey

### Fee range

Free to £7.40

### 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**

Did you know that it is estimated that 80% of adults will suffer with back pain at some point in their lives. Back problems are one of the main causes of time off work. Back pain can last a few days, may come and go, or can become a chronic condition. Back care Awareness week aims to empower people with the knowledge and tools to both prevent back problems and to maintain a healthy back. Medical guidance encourages us to keep moving, stretch it out, and try to ease symptoms of stress to better manage back ache. Yoga is an excellent tool to support a healthy back and can be practiced by anyone. This mat-based session will introduce you to simple stretches and postures that

## **Course description**

This session will focus on providing you with simple yoga practices that can support you to prevent back ache and also to better manage it. You will learn a simple sequence that moves the spine in a balanced range of movements to support its mobility. You will learn practices that focus on relieving lower back tension, as well as neck and shoulder tension. You will practice simple postures that improve both your strength and flexibility. You will also learn to relax your back in the Constructive Rest Pose – a perfect position when experiencing back discomfort. You will learn how to use deep breathing to ease muscular tension and to help you feel calmer when experiencing pain. At the end of the session, you will experience a guided relaxation which can help to ease the stress of discomfort. Yoga is a non-competitive practice, you will be encouraged to practice in a way that meets your own needs, moving within your own comfortable and safe range of movement. You may like to progress to a longer course: Yoga to support a healthy back.

## **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.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/2-october-fitness-and-exercise-national-back-care-awareness>