

## Course details

### Course title

Fitness and Exercise: Yoga for Osteoporosis

### Course code

Q00010037

### Course date

Start: 12/09/24

End: 28/11/24

### Number of classes

12 sessions

### Timetable

Thu 12th Sep, 9:15 to 10:00

Thu 19th Sep, 9:15 to 10:00

Thu 26th Sep, 9:15 to 10:00

Thu 3rd Oct, 9:15 to 10:00

Thu 10th Oct, 9:15 to 10:00

Thu 17th Oct, 9:15 to 10:00

Thu 24th Oct, 9:15 to 10:00

Thu 31st Oct, 9:15 to 10:00

Thu 7th Nov, 9:15 to 10:00

Thu 14th Nov, 9:15 to 10:00

Thu 21st Nov, 9:15 to 10:00

Thu 28th Nov, 9:15 to 10:00

### Tutor

Caroline Arthur

### 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**

The WEA online course is suitable for all ages, for beginners and those who already practise yoga. It is suitable for those with osteoarthritis and rheumatoid arthritis often experienced alongside osteoporosis. Your 'approach' to yoga and 'how' you practise will also help you to develop an increased level of awareness which in turn will lead to practising with an increased attentiveness to your body - getting to know yourself by listening to your body's feedback and responding appropriately. By the end of the course, you will be able to practise postures for strength, alignment, stamina, posture and balance.

## **Course description**

Each week there is a simple, step by step guided practice where we work on a variety of postures which are modified and adapted to suit individual needs. The practices and techniques include slow, gentle, straightforward movements; breathing and relaxation techniques helping you to feel confident with movement in and outside of the online class. There is time before and after each class for questions and answers; opportunities to clarify teaching points and to provide further explanations and demonstrations.

Yoga will help to improve posture; create better balance; increase your range of movement; make you stronger; refine your co-ordination and alleviate stress and anxiety often experienced with low bone density and osteoporosis.

It is important to listen to your body and not to ignore painful warning signs and to observe instructions on safety and / or technique at all times.

Please wear loose, comfortable clothing.

## **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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