



## Course details

### Course title

Fitness and Exercise: Yoga for Osteoporosis

### Course code

Q00012605

### Course date

Start: 16/01/25

End: 27/03/25

### Number of classes

10 sessions

### Timetable

Thu 16th Jan, 9:15 to 10:00

Thu 23rd Jan, 9:15 to 10:00

Thu 30th Jan, 9:15 to 10:00

Thu 6th Feb, 9:15 to 10:00

Thu 13th Feb, 9:15 to 10:00

Thu 27th Feb, 9:15 to 10:00

Thu 6th Mar, 9:15 to 10:00

Thu 13th Mar, 9:15 to 10:00

Thu 20th Mar, 9:15 to 10:00

Thu 27th Mar, 9:15 to 10:00

### Tutor

Caroline Arthur

### Fee range

Free to £30.52

### 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**

Osteoporosis is a health condition that weakens the bones making them fragile and more likely to break. The origin of the word is from the Greek language to mean 'porous bones'. Bones naturally have some empty space in them to allow them to bend and flex. Those with low bone density or osteoporosis have larger spaces and less bone mass - predisposing them to fractures and other bone injuries, especially in the hip, spinal vertebrae and some peripheral joints such as the wrists. Each week there is a simple, step by step guided practice to build bone strength, building and extending upon the previous week where we work on a variety of postures which are modified and adapted. These practices and techniques include slow, gentle, straightforward movements; breathing and relaxation techniques.

## **Course description**

Yoga's gentle, low impact movements are ideal for those with osteopenia ( the stage before osteoporosis), osteoporosis and osteoarthritis. With regular practise, yoga will help to lubricate joints and keep them moving smoothly; improve strength; flexibility, balance, co-ordination, endurance, muscle mass, agility and energy level - all important for adults with osteoporosis.

This online course is suitable for all ages and abilities, for beginners and those who already have previous knowledge of yoga practices for osteoporosis. 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 and extend your learning of postures for strength, alignment, stamina, posture and balance.

Yoga will help to improve posture; create better balance; increase range of movement; improve strength; refine your co-ordination; lower blood pressure and alleviate stress and anxiety.

## **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/16-january-fitness-and-exercise-yoga-osteoporosis>