



## Course details

### Course title

Care 2 Seated Yoga

### Course code

Q00018909

### Course date

Start: 28/09/24

End: 28/09/24

### Number of classes

1 sessions

### Timetable

Sat 28th Sep, 10:00 to 11:30

### Tutor

Stephanie Driver

### Fee:

Free

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

### Venue

Billericay Reading Rooms (Billericay)

73 High Street

Billericay

## Level of study

Beginners

## Course overview

All our Care2 courses are completely free for unpaid carers (or those who have previously been carers). You do not need to receive a carer's allowance to qualify. If you are unsure, please contact our call centre advisors who will be able to assist you. When you are constantly busy, stressed, overwhelmed, emotionally and energetically drained, yoga is quite possibly the last thing you feel like doing! But did you know that rather than taking more energy, the practice of yoga actually gives you more? It's a great way to rest and revive, relieve the feeling of overwhelm, and work out the tension from your body that's keeping you in a state of stress? Just a few minutes of gentle movement coordinated with your breath helps to calm the nervous system, quieten the mind, and allows all the systems of your body to work more efficiently. Most people don't realise there are over one hundred different styles of yoga, so if you've tried a class before but felt it wasn't for you, here's your chance to try another! Chair yoga is a great way to enjoy many of the benefits of a mat-based practice without the need for equipment and props, or the ability to get up and down from the floor. It is a safe way for anyone living with a disability, or managing an injury or condition such as fibromyalgia, chronic fatigue, or arthritis to improve balance, mobility, circulation, and energy, without putting strain on joints or vulnerable areas of the body

## Course description

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There are so many reasons to try chair yoga, here are just a few: • Improves balance, mobility and flexibility • Better circulation • Lowers blood pressure • Relieves anxiety, depression, pain, fatigue, and overwhelm • Improved sense of wellbeing and relaxation • Releases tension and stress held in the body • Helps to quiet a chattering mind • Sleep better and feel more rested in the morning • Better focus, memory and concentration • Improved resilience and ability to manage 'life' Hopefully by now you can see that yoga - on a mat or chair - is perfect for everyone! It is so much more than bending into complicated poses. It is an invitation to reconnect with yourself, to do what you need in the moment to come back to a more balanced state of being. This chair yoga class is suitable for all levels of yoga experience, mobility, fitness, and offers: • A seated yoga practice to gently stretch and move your body with kindness and awareness • Variations of stretches and poses so that you can practice in the most beneficial way for you • An invitation to become present and reconnect with your body • A simple breath practice to feel more calm, relaxed and grounded • An introduction to some basic principles of yoga philosophy to help manage the general stress and overwhelm of modern life • Simple meditation and mindfulness to support your emerging journey of self-care as a necessity, rather than a luxury The beautiful thing about yoga is that there are no levels. Yoga is a way of living with more ease, resilience, presence, peace, acceptance, kindness, compassion... It is not a set of physical exercises for you to practice to perfection, and then feel like a failure if your body cannot cooperate! Your yoga practice is space for you to come back into your body, to see what you need to feel better in some way, knowing that this will be different the next time you practice. You do not need to have any yoga experience, or be able to touch your toes to join this class - yoga really is for all bodies, and can be adapted for each person in the same class.

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