



Course details

Course title

Intermediate Yoga

Course code

Q00018768

Course date

Start: 19/09/24

End: 19/12/24

Number of classes

13 sessions

Timetable

Thu 19th Sep, 13:00 to 14:30

Thu 26th Sep, 13:00 to 14:30

Thu 3rd Oct, 13:00 to 14:30

Thu 10th Oct, 13:00 to 14:30

Thu 17th Oct, 13:00 to 14:30

Thu 24th Oct, 13:00 to 14:30

Thu 7th Nov, 13:00 to 14:30

Thu 14th Nov, 13:00 to 14:30

Thu 21st Nov, 13:00 to 14:30

Thu 28th Nov, 13:00 to 14:30

Thu 5th Dec, 13:00 to 14:30

Thu 12th Dec, 13:00 to 14:30

Thu 19th Dec, 13:00 to 14:30

Tutor

Nerissa Fields

Fee range

Free to £81.90

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

West End Neighbourhood Centre (Leicester
Andrewes Street
Leicester
LE3 5PA

Level of study

Intermediate

Course overview

This course is designed to cater to both those who have prior experience with yoga and absolute beginners looking to explore the practice. We will engage in yoga postures synchronised with the breath, carefully adapted to meet each individual's unique needs. In addition to postures, the course includes breathing exercises, mindfulness meditation, and guided relaxation to promote overall well-being. The tutor is committed to supporting your personal journey and will be happy to discuss and work with your specific requirements to ensure a positive experience. Everyone is welcome, regardless of experience level or background.

Course description

This course offers a perfect balance of consistency and variety, ensuring that you can deeply connect with the practice while exploring different aspects of yoga. We will work with a diverse range of postures, including standing, lying, seated, and inverted positions. You will experience postures such as Warrior, shoulder stands, twists, side bends, as well as backward and forward bends. However, the primary focus is on listening to your body and only going as far as is comfortable for you. Yoga's non-competitive nature allows everyone to progress at their own pace, making the practice accessible and enjoyable for all.

To deepen your understanding and mastery, we will practice the same session three weeks in a row. This repetition helps you become more familiar with the postures and refine your technique. Each week, we will incorporate the Salute to the Sun and the same 7-Way Stretch, along with consistent pranayama (breathing exercises) and mindfulness meditation throughout the term.

Each session is designed to stretch, strengthen, tone, and relax your entire body while cultivating a sense of stillness, positive energy, and overall well-being. This approach not only enhances your physical fitness but also nurtures mental and emotional balance, promoting a harmonious life.

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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