



## Course details

### Course title

Fitness and Exercise: Beginners' Yoga-Introduction to Yoga-Yamas from Yoga Sutras

### Course code

Q00016954

### Course date

Start: 08/01/25

End: 12/03/25

### Number of classes

9 sessions

### Timetable

Wed 8th Jan, 10:00 to 12:00

Wed 15th Jan, 10:00 to 12:00

Wed 22nd Jan, 10:00 to 12:00

Wed 29th Jan, 10:00 to 12:00

Wed 5th Feb, 10:00 to 12:00

Wed 12th Feb, 10:00 to 12:00

Wed 26th Feb, 10:00 to 12:00

Wed 5th Mar, 10:00 to 12:00

Wed 12th Mar, 10:00 to 12:00

### Tutor

Georgia Daniel

### Fee range

Free to £66.60

### 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**

So, what are the Yoga Yamas? At the beginning of Patanjali's eight-fold path of yoga lays the Yamas: the moral, ethical and societal guidelines for those who love yoga. These guidelines are all expressed in the emphatic descriptions of how we understand and relate to the world around us when we are truly immersed in yoga. The Yamas are a way of leading a conscious, honest and ethical life. There are five Yamas in total in Patanjali's Sutras: • Ahimsa (non-harming or non-violence in thought, word and deed) • Satya (truthfulness) • Asteya (non-stealing) • Brahmacharya (the 'right use of energy') • Aparigraha (non-greed or non-hoarding)

## **Course description**

The Yamas are primarily concerned with the wonderful world around us, how it impacts us and how we interact. On this course we will consider each aspect of the yamas and how a deeper understanding of this will impact us both on and off the yoga mat.

This course is designed to integrate the 5 yamas into a practical yoga session designed for all levels and abilities.

Whether you are a complete beginner or a seasoned yoga student looking to refresh your knowledge of the body and the limbs of yoga, this short course to make the most immersing yourself in the world of yoga.

## **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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