



## Course details

### Course title

Seated Yoga

### Course code

Q00017048

### Course date

Start: 13/01/25

End: 31/03/25

### Number of classes

12 sessions

### Timetable

Mon 13th Jan, 9:00 to 10:30

Mon 20th Jan, 9:00 to 10:30

Mon 27th Jan, 9:00 to 10:30

Mon 3rd Feb, 9:00 to 10:30

Mon 10th Feb, 9:00 to 10:30

Mon 17th Feb, 9:00 to 10:30

Mon 24th Feb, 9:00 to 10:30

Mon 3rd Mar, 9:00 to 10:30

Mon 10th Mar, 9:00 to 10:30

Mon 17th Mar, 9:00 to 10:30

Mon 24th Mar, 9:00 to 10:30

Mon 31st Mar, 9:00 to 10:30

### 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**

Did you know yoga can help you get stronger and more flexible, no matter your age or abilities? There are yoga courses for all levels and needs. Even if you can't take part in a standing class, this beginner's yoga course can help you gain mobility without taking a toll on your joints. Seated yoga is perfect for you if you'd have difficulty following a regular yoga lesson. Whether you have mobility issues or chronic fatigue, this yoga course can help you reduce stiffness in your joints and learn to relax. Enjoy the practice of yoga from a chair.

## **Course description**

This course is perfect for you if you want to do exercise appropriate for reduced mobility.

The first thing you'll learn is that yoga is about so much more than bending into complicated poses. Understand basic breathing and meditation techniques as you take the first steps into self-care.

- Do stretches from a seated position.
- Learn poses that feel right for you.
- Practise basic asanas (yoga poses).
- Incorporate breathing techniques to help you relax.
- Understand the principles of yoga philosophy.

Get an introduction to meditation and mindfulness to help you feel relaxed and present during your practice.

The beautiful thing about yoga practice is that it can be adapted to a wide spectrum of abilities in the same environment. You do not need any prior skills to take this beginner's yoga course.

This yoga course is appropriate for complete beginners. It is also appropriate for improvers with mobility restrictions. You can progress your practice as far as you feel comfortable.

After this course you may be able to progress to a beginner's or improver's yoga course, depending on your physical needs.

If you're not sure which course is right for you, feel free to consult with your friendly WEA tutor who will be happy to advise you based on your personal situation.

Yoga improves both our physical and mental well-being, helping us to release tension and relax.

Please bear in mind that you'll need access to the internet to take this seated yoga course. Your tutor will upload useful materials to Canvas, the WEA's digital learning platform.

Most of our courses are free for most of our learners. Please note that you need to get to the end of the enrolment process to see the discounts.

## **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/13-january-seated-yoga>