



## Course details

### Course title

Fitness and Exercise: Intermediate Yoga

### Course code

Q00020963

### Course date

Start: 16/01/25

End: 10/04/25

### Number of classes

12 sessions

### Timetable

Thu 16th Jan, 13:00 to 14:30

Thu 23rd Jan, 13:00 to 14:30

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

Thu 6th Feb, 13:00 to 14:30

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

Thu 27th Feb, 13:00 to 14:30

Thu 6th Mar, 13:00 to 14:30

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

Thu 20th Mar, 13:00 to 14:30

Thu 27th Mar, 13:00 to 14:30

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

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

### Tutor

Nerissa Fields

### Fee range

Free to £75.60

## **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 will build on the work we did last term working with yoga, breathing exercises, meditation and guided relaxation. The role of the breath will be key throughout. Each session will be adapted to the needs of the individual.

## **Course description**

We will work with a range of yoga postures including: all over stretches, side bends, backward bends, forward bends, twists and inverted postures. We will focus on one pranayama (breathing exercise) and one meditation throughout the term. We will also focus on the same 7-Way Stretch for the term. We will practice too the same session 3 weeks in a row. This all contributes to students getting to know the yoga well and being able to practice at home.

## **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-intermediate-yoga>