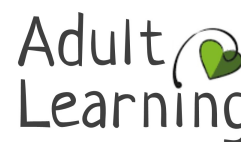


Adult Learning - Course Information Sheet



AZH1DA85 - Yoga For Beginners

Chester House Estate

Claudius Way
Wellingborough

NN8 2DH

Room Farmhouse Conf Room 3

Start Date: 19 September 2022
End Date: 17 October 2022
Start Time: 2:00PM
End Time: 3:15PM
Day: Monday
Sessions: 5
Tutor: Ms Elizabeth Willis

Course aim

To gain knowledge of yoga postures and how you can build a yoga practice into your daily life.

Course outcomes

- a) Demonstrate the ability to move into a posture whilst connecting with the breath
- b) Identify a key muscle used in a specific posture
- c) State the health benefits of a specific posture
- d) Choose a breath you can practice daily

How will the course be taught?

By a combination of demonstration, verbal instructions, explanation, group or partner work and individual feedback. Handouts may be provided.

What do I need to bring / have ready?

A good quality non-slip Yoga mat. A blanket is useful for relaxation, a yoga block or strap may be needed. Wear layers of warm, comfortable clothing. Bring a drink and your completed Medical Questionnaire (PAR-Q) form.

Further support and progression

Please let us know if there is anything we can do to help and support you on this course, or if you need help to understand our fees or concessions. You will find out about further learning opportunities and progression information during this course. Further information can also be found here:

www.northamptonshire.gov.uk/course-info

Health and Safety / Online Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06. The completion of the Health Questionnaire is mandatory prior to the start of your course. Please take the completed form to your first session.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

