

Adult Learning - Course Information Sheet



SWA2DA13 - Yoga For Beginners

Weston Favell Academy

Booth Lane S
Weston Favell
Northampton

NN3 3EZ **Room** Weston Favell Academy

Start Date: 07 January 2025
End Date: 18 March 2025
Start Time: 7:45PM
End Time: 9:00PM
Day: Tuesday
Sessions: 10
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

- Demonstrate the ability to move into a posture whilst connecting with the breath
- Identify a key muscle used in a specific posture
- State the health benefits of a specific posture
- 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

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01536 535809 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

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/>

