

Adult Learning - Course Information Sheet



SZZ5DA56 - An Introduction To Yoga At Your Desk

Virtual Classroom - Zoom

Start Date: 05 March 2021
End Date: 26 March 2021
Start Time: 12:30PM
End Time: 1:30PM
Day: Friday
Sessions: 4
Tutor: Ms Elizabeth Willis

ZZ99 9ZZ Room Meeting ID:

Course Aim

To practise some yoga based exercises at your desk to help improve posture and release tension.

Course Outcomes

Choose an exercise to release the shoulders
Select a yoga breath to help you relax
Select a yoga technique to practise at home – During the four week sessions we will focus on different parts of the body including neck, shoulders, wrists, back, legs and feet.

How will the course be taught?

Zoom – Yoga postures will be demonstrated and supported with verbal instructions with explanation and feedback. Handouts may be provided.

What do I need to bring?

To take part in the course, you will need a computer, laptop, phone or tablet connected to the internet and be able to view a live video stream. For safety purposes you will need to have both video and audio switched on during the session. We also recommend that you have; a pen and notepad to hand during the session.

- A stable chair without arms, eg dining chair
- A folded blanket, cushion or rolled up towel (may be needed to support back)
- A yoga block or a large hardback book (may be needed to rest feet on - with shoes off!)
- Wear layers of comfortable clothing, or have to hand.
- A drink (water) in a non breakable container

Please email your completed Medical Questionnaire (PAR-Q) form at least 2 days before the course.

Further support or 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@northamptonshire.gov.uk or call 01604 368023 (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

Your tutor will give you information about Health and Safety on the first session. 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 for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

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/>

