

Course Information Sheet

Yoga Beginners / Beginners Plus

Introduction

Yoga typically means 'union' between the body, mind and spirit. It involves the practice of physical postures and poses, sometimes referred to as 'asana'. The aim is to create balance between the body and the mind through the use of different movements, breathing exercises and relaxation techniques. Yoga is associated with a healthy and lively lifestyle with a balanced approach to life.

What are the course entry requirements?

To get the best from this course you should be able to follow verbal and written instructions in English/including numerical information.

This workshop is suitable for all learners both beginners and beginners plus. You may wish to develop your knowledge and skills or may have attended a short course or worked at home without any guidance and wish to learn more about the techniques and develop your skills. During the workshop you will be taught how to improve your skills, performing the asanas with appropriate breathing techniques to enhance your own performance.

As with any exercise course you will be asked to complete a thorough health screening questionnaire. It is therefore advisable that you check with your GP should you have any serious medical problems which may impact upon your ability to take part in the practical side of this course.

How long is the course?

8 weeks – but may vary. See current brochure for full details

What will the course involve?

The focus of the course is on developing the knowledge and skills of the learners to enable them to practice for themselves outside of the classroom. The content will progress to allow the learners to choose practices most suitable for themselves and their lifestyles.

How will I be learning?

Through physical participation in the activities demonstrated by the tutor. Extended learning may be available through the VLE.

| |
|--|
| <i>What equipment will I need?</i> |
| College mats are usually provided but please bring your own if you wish to. Wear loose fitting comfortable clothes. Don't forget to bring a water bottle as you will need to keep hydrated. Bring an extra layer or blanket for warmth during relaxation and a cushion if required. |
| <i>How will I know if I am making progress?</i> |
| Initial Assessment at the start of the course. Use of the Learner Portfolio and Tutor Feedback to track progress and personal achievement. During the course you will have the opportunity to discuss your progress with the tutor and you will receive feedback on a one to one basis on how well you are doing. Your progress will be checked using a variety of techniques including observation, question and answer and group discussion. |
| <i>What course work will I be expected to complete?</i> |
| Participation by demonstration of the tutor |
| <i>What can I expect to learn from this course?</i> |
| <ul style="list-style-type: none"> • Identify key H&S issues relating to safe and effective practise of Yoga. Maintain a safe working environment by using correct techniques. • Follow step-by-step instructions to perform progressions to the asanas safely and effectively. • Practice the Yoga techniques with tutor support, performing the exercises with confidence and good technique. • Apply breathing techniques throughout the practice of activities with tutor support • Describe the benefits of Yoga and its effects on Wellbeing within activities of daily living. |
| <i>Will I need to cover anything in addition to the course fee?</i> |
| No additional costs |
| <i>What other training programmes and progression opportunities are there?</i> |
| <p>Other Exercise and Fitness Courses including: Keep Fit, Fitness Pilates, T'ai Chi, Qigong, Somatic Movement, Alexander Technique etc</p> <p>If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website www.lancashire.gov.uk/adultlearning</p> |