

Course Outline:

Yoga: all levels

The following is meant as an outline guide to the course. The tutor may at her/his discretion make alterations to the content and order of the course. Please ask the Course Administration Staff for guidance if you are in any doubt about the suitability of the level of the course.

Course description

Explore how yoga can increase our body and breath awareness, allowing us to create space for our habitual tensions to unwind, enhancing our flexibility and building our strength. This workshop is aimed at those with little or no knowledge of yoga and women of any age or level of fitness.

What will the course cover?

Hatha yoga postures and simple concentration, relaxation and meditation techniques.

Course content

- Basic breath awareness
- Body awareness
- Movement with breath: The movement will incorporate forward bends, backbends, twists and standing poses and balances with an emphasis on firmness and relaxation
- Concentration, relaxation and use of visualisation

Should I have experience for the course?

No, this course is appropriate for complete beginners.

What can I expect to learn?

By the end of the course students will have had the opportunity to become aware of the patterns of mental and physical tension they hold and will have been exposed to techniques to help them directly address this. These include methods to connect with the breath, sequences of yoga postures (handout provided), concentration, relaxation and meditation techniques.

What should I bring to the course?

Light to share!

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By post

Please complete the enclosed enrolment form and send it with a cheque (for the full amount), made payable to the YWCA Central Club OR fill in your Mastercard/Visa or debit card details. Please do not send cash. If you wish to apply for a concessionary fee, you will need to send a photocopy of your current evidence of entitlement to reserve your place and then take the original to reception on your first day.

By phone

Payments by Mastercard/Visa and debit card are accepted. Please have details of your credit card and the course title and course code ready. Call 020 7079 2855