

INTRODUCTION TO YOGA

Course Name	Start Date	End Date	Site	Total Fees
Introduction to Yoga	19/09/2025	12/12/2025	ENDERBY ADULT LEARNING CENTRE	122.70

01. Who is this course for?

This course is for anyone looking to begin their yoga practice, or continue building their practice at a gentle pace. Through this guided yoga practice, we will work on a variety of postures underpinned by the basic concepts, principles and theory of this ancient discipline and tradition. This approach involves exploring movement, posture, breathing practices and simple meditation.

02. What will I learn?

You will learn how to improve your muscle tone and co-ordination; develop a greater range of movement and flexibility; improve your body and emotional confidence; release stress and tension and learn a variety of calming techniques through correct breathing which improves energy and calms the mind and emotions.

03. How will I learn?

This is a tutor-led beginner yoga class. The content of the practices is carefully put together to build safely and progressively, always focusing on the needs of the individual. Learners will also receive regular verbal and written feedback on their progress. You will also be asked to complete a personal learner diary.

04. What will I need to bring?

Please wear loose, comfortable clothing that is suitable for exercise and relaxation. You will also need a non-slip mat and a bottle of water/soft drink.

05. What skills or experience do I need?

No prior experience necessary, this course is suitable for complete beginners - all are welcome. Learners are asked to complete a Physical Activity Readiness Questionnaire (PARQ) before starting any exercise class.

06. How will I be assessed?

The Learning for Wellbeing curriculum uses formative and summative assessment methods to evaluate learner progress. You will work towards completing a set of class learning targets, as well as your own personal development targets. Targets are reviewed at the middle and end of the course. Informal discussions with the tutor will take place throughout the course, both individually and in groups. Your progress may also be documented through photographic evidence.

07. What could I do after this course?

Upon completing this course, you may wish to try one of our other exercise classes, such as Yoga - Intermediate

Upon completing this course, you may wish to try one of our other exercise classes, such as 'Yoga – Intermediate Level'. The Learning for Wellbeing curriculum offers a wide range of art, craft, sewing, cookery, dance and creative arts courses for you to continue developing skills specifically aimed at improving your wellbeing. Courses are available to search on the GoLearn website.