

Yoga - Intermediate Level

Course Name	Start Date	End Date	Site	Total Fees
Yoga - Intermediate Level	19/09/2025	12/12/2025	ENDERBY ADULT LEARNING CENTRE	122.70
Yoga - Intermediate Level	16/01/2026	27/03/2026	ENDERBY ADULT LEARNING CENTRE	102.75
Yoga - Independent Learners Level	24/04/2026	03/07/2026	ENDERBY ADULT LEARNING CENTRE	102.75
Yoga - Intermediate Level	24/04/2026	03/07/2026	ENDERBY ADULT LEARNING CENTRE	102.75

01. Who is this course for?

This course is suitable for those with previous yoga experience and a good level of fitness and flexibility. Through this guided yoga practice, we will build on our yoga foundation to pick up the pace of the class and work towards various peak poses each week to explore more challenging asanas (postures). Classes will stay true to the ancient discipline and traditional teachings by exploring yogic philosophy, breathwork, relaxation and meditation practices.

02. What will I learn?

Each week we will prepare our bodies to build up to a peak pose. Improving and building muscle tone, co-ordination and balance. Build up cardio vascular strength to power through yoga sequences. We will learn ancient yoga philosophy, breath exercises and meditations techniques.

03. How will I learn?

This is a tutor-led intermediate 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?

This course is for learners who have already completed 'Introduction to Yoga' or have been attending one of our mixed-level classes and would like to develop their practice further. It is also suitable for learners who have developed their yoga practice outside of GoLearn classes. This course is not suitable for complete beginners. 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

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?

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 physical, social and emotional wellbeing. Courses are available to search on the GoLearn website.