

SEATED YOGA FOR WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
Seated Yoga for Wellbeing	04/01/2027	15/03/2027	ENDERBY ADULT LEARNING CENTRE	105.50
Seated Yoga for Wellbeing	12/04/2027	28/06/2027	ENDERBY ADULT LEARNING CENTRE	105.50
Seated Yoga for Wellbeing	14/09/2026	07/12/2026	ENDERBY ADULT LEARNING CENTRE	126.20
Seated Yoga for Wellbeing	14/09/2026	07/12/2026	HINCKLEY LIBRARY	126.20
Seated Yoga for Wellbeing	04/01/2027	15/03/2027	HINCKLEY LIBRARY	105.50
Seated Yoga for Wellbeing	12/04/2027	28/06/2027	HINCKLEY LIBRARY	105.50

01. Who is this course for?

This course is for learners who are looking to balance their life, mind and soul with relaxing and de-stressing exercises. Seated yoga (this involves sitting on a chair) focuses on different aspects of your wellbeing, such as Surya Namaskar (Sun Salutation- overall health), Virabhadrasana (Warrior poses- core strength), and targets the upper and lower body by stretching different muscles and improving flexibility.

02. What will I learn?

This course is about physical and mental self-healing with the help of different postures, breathing techniques and meditation. You will learn special chair Pranayama (breathing), such as Anuloma Viloma (alternate nostril breathing- breathing technique), to destress and benefit the mind. Yoga will uplift your mood, enhance your flexibility with practice and purify your soul to find inner peace.

03. How will I learn?

This is a tutor-led, mixed-ability seated 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 bottle of water/soft drink. You may wish to bring a cushion for support. (There is a £2 material fee attached to the course, to cover the cost of wear and tear and replacement, of specialist Yoga equipment such as bolsters, straps, blocks.)

05. What skills or experience do I need?

No formal qualifications or experience are required - 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 yoga classes - please see the website for details. Your tutor will also be able to discuss your progression with you. 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.

08. How will I be supported in my learning?

We aim to support all learners to succeed. Our tutors will work with all learners to meet individual needs by using a range of resources and teaching methods. When you enrol on your course you will be asked if you have any additional learning needs or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners, this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

09. Is help available with course fees?

Many of our courses are FREE to all learners. Your course may be FREE if you are unemployed or earn under £26,800 before deductions. If you are in receipt of state benefits or have a low income (£28,733.50 before deductions) you could be entitled to enrol on your course at a 70% reduced fee cost. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

10. How do I choose the right course for me?

If you are unsure of your next steps, please contact us and one of our team will advise you about our courses or signpost you to other providers if necessary. Please call FREEphone 0800 988 0308 or email adult.learning@leics.gov.uk