

INTRODUCTION TO YOGA

Course Name	Start Date	End Date	Site	Total Fees
Introduction to Yoga	18/09/2026	11/12/2026	ENDERBY ADULT LEARNING CENTRE	126.20

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.

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. For fee-paying courses, 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 for FREE, or at a 70% reduced fee cost. If your course is accredited (working towards a formal qualification) your course may be FREE if you earn under £26,800 before deductions. 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