

Wider Family Learning: Family Yoga I

Course overview

You and your child can start yoga together. This is a great way to begin to bring more movement into your lives and create more flexibility and strength in your bodies. This introduction also focuses on learning how to breath well and introduces some of the relaxation exercises that are part of yoga. The rhythm of yoga combined with proper breathing is great for calming an overactive mind.

What will I study?

You will:

- Learn how to safely move in and out of yoga positions
- Gently stretch and move together, becoming more flexible
- Develop better breathing patterns
- Practice relaxation techniques
- Become familiar with the Salutation to the Sun sequence
- Explore how to practice yoga at home

Assessment method

You will participate in activities, brief discussions and Q&A and receive support from the tutor throughout.

Entry requirements

This course is open to all. Only one child per parent.

What should I bring with me?

You will need to provide a yoga mat for each of you (or a non-slip blanket). Please also bring a pen and you may like to bring your chosen method of note-taking such as notebook or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to Family Yoga II or other Family Learning, Wellbeing or CPD courses or be signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722