

# Wider Family Learning: Family Yoga I - Taster

## Course overview

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This taster introduces you to yoga and the Family Yoga I course. You and your child will start yoga together, bringing more movement into your lives and create more flexibility and strength in your bodies. The taster introduces you to the movements, breathing and relaxation techniques that are part of yoga.

## What will I study?

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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

## Assessment method

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

## Entry requirements

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

## What should I bring with me?

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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

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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

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

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)

call: 020 8270 4722

