

Wider Family Learning: Family Yoga II – Next Steps

Course overview

You and your child will do yoga together, bringing more movement into your lives and creating more flexibility and strength in your bodies. This course focuses on developing your yoga postures, breathing well and being able to practice your yoga at home. The rhythm of yoga, combined with the proper breathing and relaxation exercises that are part of yoga is great for calming an overactive mind.

What will I study?

You will:

- Flow through the Salutation to the Sun sequence
- 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
- Be able 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 III 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