

# Wellbeing: Yoga Introduction – Getting Started Taster

## Course overview

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This short course is ideal to start your yoga journey and explore what will be covered in the main course. Yoga is a great way to begin to bring more movement into your lives and create more flexibility and strength in your body. Yoga Introduction focuses on learning the initial postures and movements of yoga, breathing well and introduces yoga relaxation exercises to boost physical and mental wellbeing.

## 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, becoming more flexible
- Develop better breathing patterns
- Practice relaxation techniques

## Assessment method

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You will be observed moving and receive verbal feedback from the tutor throughout. You will also participate in discussions and Q&A to support your yoga practice.

## Entry requirements

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- This course is open to all.
- You will need to understand sufficient English in order to follow instructions and stay safe.

## What should I bring with me?

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For hygiene reasons you will need to provide your own yoga mat or a non-slip blanket.  
You will need to provide your chosen method of note-taking such as notepad & pen 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 next level or onto other suitable wellbeing, CPD courses or other courses.

## 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