

Wellbeing: Yoga – Getting Started

Course overview

This 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, 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 boosts physical and mental wellbeing. If you are experienced in yoga or returning to yoga this course will help you to refine your postures and develop mastery of the core principles.

What will I study?

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
- Become familiar with the Salutation to the Sun sequence
- Practice safe yoga postures
- Explore how to practice yoga at home

Assessment method

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

- 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?

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

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to the next level of Yoga or onto other suitable wellbeing, CPD courses or other courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722