

SEND Health: Yoga for Fun and Health

Course overview

This course follows on from the Movement for Fun and Health and Dance for Fun and Health, but you do not need to have done either of those courses.

Yoga is a great way to become more flexible, have better posture and develop better breathing. It can boost physical and mental wellbeing. It is a very gentle form of movement.

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

- Take part in movement activities and discussions to confirm your understanding
- Self assessment of how your body is feeling
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

- Be able to take part in group discussions
- Be able to recognise signs & symbols
- Be able to follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen. You will need loose clothing and trainers or soft shoes. For hygiene reasons you should bring your own yoga mat or a blanket to lay on.

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 or via a remote learning pack.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to the most suitable level course for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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