

SEND - Yoga for Health and Wellbeing

Course overview

This course follows on from the Movement for Health and Wellbeing but you do not need to have done that course. 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 and is great for those with anxiety, conditions which affect breathing and those with limited movement. It can be adapted for seated moves and differing physical limitations.

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
- 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

Possible next steps

During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722