

Course Description and Outline

Course Title	Lunchtime Yoga		
Level of Course	All levels	Course Code	A2293, B2205, C2206
Duration in Weeks	10		
Brief Description of Course What will the course cover?	This course will help you develop your breathing technique, posture and mobility through a range of yoga poses with the aim to balance the mind, body and spirit. It will also include the health benefits of yoga and how to practise Yoga safely. This course is for women only.		
Entry Requirements	None required, but if you have any medical conditions, please could you inform your tutor at the first session. This course is not suitable if pregnant and completely new to yoga. Pregnant ladies should only join after week 16, after a medical check and first scan.		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Learn how to safely practise basic yoga postures		
2	Recognise how yoga can enhance your physical and mental health and help combat feelings of stress		
3	Improve your technique of a series of basic yoga poses with guidance		
4	Improve body and breathing awareness, relaxation and mobility		
5	Practise yoga with other people in a supportive environment		
Equipment Required What will I need to bring to class?	Please wear comfortable clothing (e.g. loose top and trousers). Bring water to drink and a small blanket if preferred. Please bring a pen on the first session to complete some basic paperwork and reading glasses (if you use them).		
What courses can I go on to?	Other yoga courses or health and fitness courses		

What examination or assessment will there be and what will it involve?

There is not examination or formal assessment, but you will be asked to monitor your own progress using an Individual Learning Plan

How will I know I am making progress?

Your tutor will provide support and feedback throughout the course.

You will be asked to complete a Health Screening Questionnaire and an Individual Learning Plan to help monitor your progress.

It is helpful for students to practice on a daily basis to increase stamina and flexibility. Your tutor will advise.

Is there anything else I need to know?

In general, we will not allow late enrolment to any course after the first two weeks. Learners are expected to arrive on time and attend every class.

Children are not allowed in our health & fitness courses unless they are specifically family learning classes. Please do not ask your tutor to give your child access as they do not have the authority to do this.

Health and Safety requirements demand that all learners participating in fitness classes must complete the warm up. Therefore, latecomers that miss the warm up will be refused entry to the session.

Students are encouraged to comment on the course. The tutor will distribute at least one student satisfaction survey where your views will feed back into the planning, teaching and learning of future courses.

What if I want extra support? Contact the Learner Support & Advice Team

The Learner Support & Advice Team can support learners to help them achieve their education and employment goals. Information, advice & guidance are given on a range of issues, including financial support, and support available for learners who are disabled and learners with learning difficulties. Come and see one of our experienced and friendly advisors who can help you make the next step.

For further information, text **IDEA** and your name to **07950 080 341** or email **ideastorelearning@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

Course Outline V.3