

Wellbeing: Yoga Next Steps

Course overview

This course follows on from the Yoga – Getting Started moving you beyond the initial postures, movements and breathing of yoga, into more fluidity and additional postures to increase flexibility, strength and tone. The pace continues to be relaxing and supportive of your physical and mental wellbeing.

What will I study?

You will:

- Flow through the Salutation to the Sun sequence
- Move safely in and out of new yoga positions
- Gently stretch and move, becoming more flexible
- Develop better breathing patterns
- Deepen your relaxation techniques
- 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

Wear loose comfortable layers or gym clothes to allow for freedom of movement.

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



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