

Wellbeing: Yoga Moving On

Course overview

This course follows on from the Yoga Next Steps and brings in more challenging postures and movements as well as supporting you to refine what you are already doing. By moving more fluidly and gently pushing your body a little more you will continue to increase your 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 smoothly through the Salutation to the Sun sequence
- Move safely in and out of new yoga positions
- Gently push your body to become stronger and more flexible
- Deepen your relaxation techniques
- Identify how to continue your yoga practice at home

Assessment method

You will be observed moving through the yoga postures 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

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