

## Yoga - all abilities

Whether you would like to learn new skills or to investigate the possibility of a new fitness career, MAE Community Learning courses can provide you with a stepping stone to progress

The ancient discipline of Yoga has been used successfully for several thousand years. It is a non-competitive form of exercise for the body and mind; you will be encouraged to find and stay within your own personal limits, progressing at your own pace. This course is intended for learners from all abilities, experience and age levels. Posture (asana) work, relaxation and breathing techniques (pranayama) are practised to keep you supple, strong, balanced and healthy. All ability Yoga classes are suitable for everybody, regardless of age, sex, or experience.

Those who are particularly stiff, have mobility or health issues may prefer to try a Gentle yoga class.

If you are pregnant, have heart problems or any serious medical condition or concerns, please check with your GP/nurse and discuss with your tutor, as classes are physically active.

Start Date:	10 September 2024
Start Time:	13:30
Lessons:	33
Weeks:	33
Hours:	49.50

### Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### What will I learn on this course?

By the end of the course you should be able to:

- 1) Demonstrate improved flexibility, posture, strength, and balance safely with a variety of yoga postures.
- 2) Participate in techniques that develop mindfulness and a relaxed inner awareness
- 3) Use breath awareness and breathing techniques

\*Note that each learner will be set specific targets based on the above and their individual starting point.

There are only a limited amount of yoga postures and breathing techniques, so although you may have done many of them before, especially if you are a returning learner, there is no final or correct level. You can always keep repeating these, going further and deeper into them and holding for longer as you progress and when your body feels ready.

### Is this course suitable for me?

If you have health concerns then please see your GP before enrolling.

### Is there anything I need to know about the course?

You should bring your own mats for hygiene purposes as well as warmer clothing or blanket for the relaxation.

### What could I go on to do after this course?

Please speak to your tutor about our other wellbeing courses.

If you wish to explore your learning, work or career options, you can speak to a fully Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through with you individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400

### Attendance Policy

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 85%. If you do have a holiday booked during term time please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed