

# Yoga - All Abilities 1

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: 16 September 2025

Start Time: 13:30

Lessons: 12

Weeks: 12

Hours: 18.00

If you are looking for a course to improve your wellbeing through physical activity, why not book onto one of our courses from the wellbeing active offer?

PLEASE DO NOT BUY TOOLS AND EQUIPMENT UNTIL YOU KNOW THAT THE COURSE WILL RUN.

## Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

## What Will I Learn On This Course?

1. Demonstrate improved flexibility, posture, strength, and balance safely with at least 3 yoga postures.
2. Participate in at least 2 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.

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

## Is This Course Suitable For Me?

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.

## Is There Anything Else I Need To Know About This Course?

Please be aware that whilst this course is practical in nature some sessions will include theory and professional related training such as H&S, risk assessments, public liability etc

Learners will need the following tools and equipment please do not purchase until you are sure the course will run:

You will need to prepare the following tools and equipment before the start of the course:

You are advised to bring your own yoga mats and blocks, although some are provided in the classes

You may wish to bring warmer clothing or a blanket for the relaxation

Please bring a bottle of water

- Classes start with a short relaxation, followed by a warm up, leading into posture (asana) work
- Classes finish with breath work and deep relaxation
- Each exercise will be talked through with individual modifications and corrections made as necessary. New or complicated variations will be demonstrated first.

Your progress in learning will be discussed with you by your tutor and recorded on your personal progress plan.

Approximately 15 - 20 minutes in your first and last class will be used to discuss and record your entry knowledge, progression and achievement.

You will need to wear loose comfortable clothing. It is better to practice in bare feet.

### **Will There Be Additional Costs?**

You will need to bring your own mat

### **What Could I Go On To Do After This Course?**

Your tutor can talk to you about other subject related course available. Your progression course is Yoga - all abilities 2

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 your 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.

### **What Is The Attendance Policy?**

To get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. 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

### **Health & Safety**

By participating in the live class you accept that you understand that yoga involves movement and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability. It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a wellbeing activity, and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with in yoga. MAE is not responsible for damage to items in your house / home or person.

The creators, owners and distributors of this site and the material available MAE are not responsible for any injuries you may experience because of your use of this site and the material contained here on. By remaining on this site and/or accessing and / or using any material, you are accepting that you have read, understood and agreed to follow these basic instructions.