

Course Outline and Details

Course Code CL62311A

Title: Yoga for Beginners

Time and duration

Start Date: 01 November 2023
 Start Time: 09:30 End Time: 10:45
 Start Day: Wednesday
 No. of Lessons: 5
 No. of Weeks: 5
 Total No. of Hours: 6.25

Location

Aveley Community Hub
 Recreation Ground
 High Street
 Aveley
 South Ockendon
 RM15 4BX E: info@tacc.ac.uk

Description

Interested in starting Yoga. This is a gentle introduction with the emphasis of breathing and control of your body. Please bring a mat/towel/blanket for the floor and ensure you wear comfortable clothing.

Due to funding changes all Yoga classes now have tuition fees attached.

Entry Requirements

None

Term Dates

Our courses are ESFA subsidised and we have to meet funding rules on attendance. Learners are asked to book any holidays outside of course dates.

For an updated list of term dates please visit: <https://tacc.ac.uk/term-dates/>

Learning Outcomes

Improve your physical posture; Learn simple meditation and mindfulness techniques and work on simple relaxing breathing practices

Resources/Equipment

Your tutor will let you know at the first session what you will need to provide for the course. We advise you not to purchase anything before your first lesson as we are unable to refund the cost of these in the event a course is cancelled.

Please bring along a Yoga Mat, Towel or Blanket for the floor and please ensure you wear comfortable clothing.

Assessment (e.g examinations, portfolio)

Progress is very individual and personal. Course attendees are responsible for their own self-assessment under the guidance of the tutor.

Homework: Self-practice

Progression

Yoga for Improvers

Please visit our website www.tacc.ac.uk for our full list of other courses.

Health/Medical Conditions

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

If you require any additional support or have any special requirements that you have not already told us about please inform us as soon as possible by emailing:
tacc.learningsupport@thurrock.gov.uk .A member of our Learning Support team will contact you to talk about these confidentially.