

## Course Outline and Details

<b>Course Code</b>	CL62332G	<b>Title:</b>	Yoga For Beginners
<b>Time and duration</b>		<b>Location</b>	
Start Date:	01 March 2024	TACC within OCH	
Start Time: 12:30	End Time: 13:45	The Old Courthouse	
Start Day:	Friday	Orsett Road	
No. of Lessons:	4	Grays	
No. of Weeks:	4	Essex	
Total No. of Hours:	5.00	RM17 5DD	E: tacc@thurrock.gov.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](http://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.

The College wants to make sure every learner has the best chance to achieve their full potential. If you need any help or support on your course, and you have not told us already, please speak to your tutor or email [TACC@thurrock.gov.uk](mailto:TACC@thurrock.gov.uk) and a member of staff from our Learner Experience Team will contact you. Everything you tell us is in confidence and we will only use this to help you on your course.