

Course Outline and Details

Course Code CL62333G

Title: Yoga for Improvers

Time and duration

Start Date: 01 March 2024
 Start Time: 12:45 End Time: 14:00
 Start Day: Friday
 No. of Lessons: 4
 No. of Weeks: 4
 Total No. of Hours: 5.00

Location

The Beehive Resource Centre
 West Street
 Grays
 Essex
 RM17 6XP

E: info@tacc.ac.uk

Description

Develop skills and ideas learnt in our Beginners courses or from other courses. Build on developing breathing techniques and build on your core strengths. 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

Develop your physical posture, build on developing breathing techniques and build on your core strengths

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

Further courses later in the year

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.

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 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.