

## Course Outline and Details

<b>Course Code</b>	CL62350G	<b>Title:</b>	Yoga For Beginners
<b>Time and duration</b>		<b>Location</b>	
Start Date:	07 June 2024	TACC within OCH	
Start Time: 12:30	End Time: 13:45	The Old Courthouse	
Start Day:	Friday	Orsett Road	
No. of Lessons:	5	Grays	
No. of Weeks:	5	Essex	
Total No. of Hours:	6.25	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.

## What will I learn?

Interested in starting Yoga? This is a gentle introduction with the emphasis of breathing and control of your body.

As part of your course induction you will be asked to disclose to your tutor any physical issues would could affect you during the session.

Please bring a mat/towel/blanket for the floor and ensure you wear comfortable clothing.

## Entry Requirements

None

## What do I need to bring?

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

### **What support is available?**

You can arrange to see an information, advice, and guidance (IAG) advisor for career guidance and support.

The Discretionary Learning Support Fund (DLSF) can be used to help with travel costs and other expenses, our Learner Experience Team can support you with your application.

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@thurrock.gov.uk](mailto:TACC@thurrock.gov.uk) a member of our Learning Support team will contact you to talk about these confidentially.

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

### **What is expected from me?**

We expect all our learners to partake fully in all sessions and to enjoy themselves. Please be on time for all sessions and if you cannot make your class, please contact your tutor or the college

### **Key dates**

### **Additional information**

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

### **What can I do next?**

We have a wide and varied range of classes at Thurrock Adult Community College and with our partners across the borough. Your tutor will be able to advise of other sessions, but also check out our college website and social media pages for new and exciting courses throughout the year.

We are also able to offer English, maths, Digital Skills and Employability at a wide range of levels to meet individual needs.

We can offer our Family Learning courses in partnership with community organisations across the Borough, so please let us know if this would be of interest.