

Course Outline and Details

Course Code	TL6007Y24	Title:	Yoga: Mixed Ability
Time and duration		Location	
Start Date:	08 November 2024		Tilbury Family Hub
Start Time: 09:30	End Time: 11:30		Anchor Field
Start Day:	Friday		London Road
No. of Lessons:	6		Tilbury
No. of Weeks:	6		Essex
Total No. of Hours:	12.00		RM18 8EY E: tacc@thurrock.gov.uk

Description

A mixed Yoga class for all levels - whether you are a beginner or someone returning to Yoga. With the emphasis on breathing, get to understand your own body and mindfulness. Please bring along a Yoga Mat, Towel or Blanket for the floor and please ensure you wear comfortable clothing

Entry Requirements

None

Learning Outcomes

By the end of the workshop you will have looked at ways to take responsibility for your own health and wellbeing and identified areas to concentrate on to improve these areas.

Resources/Equipment

All resources are provided.

You may wish to bring the following:

- * Pen
- * Note paper

Progression

Other Tailored Learning workshops/courses.
Further courses at TACC (www.tacc.ac.uk)

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.