

## Course Outline and Details

|                          |                  |                 |                         |
|--------------------------|------------------|-----------------|-------------------------|
| <b>Course Code</b>       | TL6014Y24        | <b>Title:</b>   | Yoga: Mixed Ability     |
| <b>Time and duration</b> |                  | <b>Location</b> |                         |
| Start Date:              | 28 February 2025 | Thurrock Area   |                         |
| Start Time: 09:30        | End Time: 11:30  |                 |                         |
| Start Day:               | Friday           |                 |                         |
| No. of Lessons:          | 6                |                 |                         |
| No. of Weeks:            | 6                | RM17 5DD        |                         |
| Total No. of Hours:      | 12.00            |                 | 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](http://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](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.