

## YOGA – MIXED ABILITY

Tuesday 22 September for 10 weeks

7.00pm - 8.30pm

£90

Tutor: Valerie Horspool

### Brief Description:

This course offers you the opportunity to experience Yogic postures and breathing techniques, showing how these traditional methods can help towards achieving a stronger, more flexible body and a more relaxed state of mind. The postures will progress from beginner level to more advanced, stretching and toning muscles, developing individual awareness and confidence. The tutor will ensure that modifications are provided where necessary. Observation of the breath, along with yoga philosophy, underpins the physical practices; awakening a deeper understanding that can bring the mind, body and emotions into balance.

This course is aimed at anybody who is interested in experiencing Yoga for the first time, is returning after a break in their practice or has attended this class previously.

- These classes are NOT suitable for women who are pregnant
- Medical advice must be sought prior to commencing the course if you are in any doubt about its suitability
- It is advised to allow 2 hours between large meals and practice

### Course Aims:

- To improve / maintain levels of strength, flexibility and balance, enhancing everyday activities
- To introduce & develop breath awareness practices for reducing stress, calming the mind & inducing a sense of wellbeing
- To build confidence allowing for self-adjustment and home practise
- To provide information & references to the background, philosophical aspects of yoga & its relevance to daily life

### Extra Costs:

None

### What you need to bring to the first session:

A non-slip yoga mat is essential, other equipment will be provided by the tutor.

Wear loose, comfortable clothing

A drink is advisable

A blanket to retain body heat during relaxation.

### Location:

Witchford Village College, Manor Road, Witchford, Cambs CB6 2JA

### Class Dates:

22, 29 September

6, 13, 20 October (No class on 27 October due to Half Term break.)

3, 10, 17, 24 November

1 December