

To take part on this course you must be aged 19+ and Hertfordshire residents.

Course title: Yoga for Stress Relief

Tutor: Siobhan

Course Fee: £10

Start date: 14/06/2021

End date: 19/07/2021

Day(s): Monday

Time: 09:30-11:30

Venue: Online via Zoom

Learners per Group:

This course will have no more than 20 learners.

How will I learn?

This course is taught online. To access these online activities, you will need a tablet or laptop/computer with a microphone and preferably a webcam.

- ✓ You will be sent the details about how to log into your Zoom classroom by email a day before your course is due to start.
- ✓ Course paperwork will be emailed as an attachment and you will be expected to complete and return these via email on a weekly basis.

If you must arrive late to or leave early from the lesson, please let your teacher know.

This course will teach you to:

- Improve spine flexibility by using correct spinal alignment through Energy Block Release Sequences
- Strengthen core stability through using up to 3 posture exercises
- Decompress intervertebral discs in the spine by extending and flexing the spine with 2 or more yoga poses

Progression Opportunities:

- Wellbeing Workshops
- Moving On
- Employability Courses
- Voluntary Work

How do I find out if I can get some support for my learning?

If you feel that you need any additional help and support in your learning, please discuss with your tutor. If you require additional support and we are able to offer the support, you will be able to discuss this support and record it on an additional support form which is kept in the course folder.

Please be aware course fees are non-refundable.

For further information, please contact us on:- 01923 816229