# Wellbeing - Gentle Yoga 2

Medway Adult Education

**R261143A**

This gentle yoga course is based on a practice that has been used for thousands of years to support both physical and mental wellbeing. It is a gentle, non competitive form of exercise where you work at your own pace and stay within your own comfort level.

The course is suitable for adults of all ages, abilities and experience levels. You will practise simple postures, relaxation techniques and breathing exercises to help improve flexibility, strength, balance and overall health.

Gentle yoga classes are especially suitable if you feel stiff, are new to exercise, or have some mobility difficulties.

As sessions involve physical activity, please check with your GP or nurse before joining if you are pregnant, have a heart condition, or any other serious medical concerns. You should also let your tutor know about any health issues.

If you are looking for a course to improve your wellbeing through physical activity, why not book onto one of our courses from the wellbeing active offer?

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| Start Date: | 06 January 2027 |
| Start Time: | 10:00 |
| Lessons: | 10 |
| Weeks: | 10 |
| Hours: | 15.00 |

**Venue**

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

## WHAT WILL I LEARN ON THIS COURSE?

Learners will:

1. Demonstrate improved flexibility, posture, strength, and balance safely with at least 4 yoga postures.
2. Participate in at least 3 techniques that develop mindfulness and a relaxed inner awareness
3. Use breath awareness and breathing techniques in your practice and cool down

*Note that each learner will be set specific targets based on the above and their individual starting point.

There are only a limited amount of yoga postures and breathing techniques, so although you may have done many of them before, especially if you are a returning learner, there is no final or correct level. You can always keep repeating these, going further and deeper into them and holding for longer as you progress and when your body feels ready.

Whether you would like to learn new creative skills or to investigate the possibility of a new wellbeing -based career, MAE Community Learning courses can provide you with a stepping stone to progress

## IS THIS COURSE SUITABLE FOR ME?

Gentle yoga classes are especially suitable if you feel stiff, are new to exercise, or have some mobility difficulties.

As sessions involve physical activity, please check with your GP or nurse before joining if you are pregnant, have a heart condition, or any other serious medical concerns. You should also let your tutor know about any health issues.

## IS THERE ANYTHING ELSE I NEED TO KNOW ABOUT THIS COURSE?

This course is mainly practical, but some sessions will include important theory and professional topics. These may include:

- Health and Safety (H&S)
- Risk assessments
- Public liability

## WILL THERE BE ADDITIONAL COSTS?

Please do not buy anything yet until your place on the course is confirmed.
You will need:

- A yoga mat and blocks (some are available in class, but bringing your own is recommended)
- Comfortable, warm clothing or a blanket for relaxation
- A bottle of water
- Loose, comfortable clothing
- Bare feet are recommended for practice

## WHAT COULD I GO ON TO DO AFTER THIS COURSE?

Your tutor will talk to you about progression courses.

Your progression course is: R251277A Wellbeing - Gentle Yoga 3

Medway Adult Education works with local partners including Child Friendly Medway, Medway Sport, MidKent College, Medway School of Arts and the University of Kent.
Course information is available in our centres, cafés and on Moodle.

For careers advice, contact the National Careers Service on 0800 100 900
For general enquiries, call 01634 338400

## WHAT IS THE ATTENDANCE POLICY

This course runs over multiple sessions.

- We recommend attending at least 85% of sessions
- If you have a planned absence, please tell your tutor in advance
- If you are ill or cannot attend, contact 01634 338400 so your tutor can be informed.

## HEALTH & SAFETY

Health and Safety Disclaimer

By taking part in this course, you understand that yoga involves movement and carries some risk.

You agree that:

- You will work within your own abilities
- You will stop if anything feels uncomfortable
- You will dress appropriately and protect work surfaces
- You will follow health and safety guidance provided by the tutor

Medway Adult Education is not responsible for personal injury or damage to personal property.

By attending the course, you confirm that you have read and understood this information.