

# Yoga - All Abilities 1

This all abilities 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.

All ability Yoga classes are suitable for everybody, regardless of age, sex, or experience.  
Those who are particularly stiff, have mobility or health issues may prefer to try a Gentle yoga class.  
If you are pregnant, have heart problems or any serious medical condition or concerns, please check with your GP/nurse and discuss with your tutor, as classes are physically active.

Start Date: 23 September 2026  
Start Time: 19:00  
Lessons: 20  
Weeks: 20  
Hours: 30.00

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?

PLEASE DO NOT BUY TOOLS AND EQUIPMENT UNTIL YOU KNOW THAT THE COURSE WILL RUN

## 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 3 yoga postures.
2. Participate in at least 2 techniques that develop mindfulness and a relaxed inner awareness
3. Use breath awareness and breathing techniques

\*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?

- All ability Yoga classes are suitable for everybody, regardless of age, sex, or experience.
- Those who are particularly stiff, have mobility or health issues may prefer to try a Gentle yoga class.
- If you are pregnant, have heart problems or any serious medical condition or concerns, please check with your GP/nurse and discuss with your tutor, as classes are physically active.

## 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: R261224A Yoga All Abilities 2

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.