

# Adult, Community and Family Learning Service

## Adult Learning Courses

### YOGA AND RELAXATION

**COURSE DURATION:** 6 weeks (2 hours per week).

#### WHO IS THIS COURSE FOR?

This course is available to adults aged 19+. This is a beginners level course with no formal entry requirements.

#### WHAT WILL I LEARN?

By the end of this course you will be able to:

- Know how to release tension in the body and practice simple yoga postures
- Use your body and breath together for ease of movement and better relaxation.
- Use basic meditation as part of your yoga practice.
- Know how to relax body and mind through learning relaxation techniques
- Reduce stress and anxiety through yoga, meditation and relaxation practice.

#### HOW WILL I LEARN?

You will learn through a combination of teacher input, practical classroom-based tasks, simulations, use of information technology and through short homework tasks. You will also have the opportunity to showcase your work and celebrate your achievements.

#### PROGRESSION OPPORTUNITIES

Learners who have completed this course may wish to continue to improve or advanced level courses within the subject. There are also many other topics available within our Adult and Community Learning brochure including Skill for Life opportunities in literacy and numeracy. Additionally other providers, clubs and organisations across the island offer a wide range of courses, including the potential progress to Further and Higher Education opportunities.

#### COURSE MATERIALS

You will not need to provide any materials. Essential materials will be provided by your tutor. You may wish to wear old clothes when undertaking practical tasks.

#### ADDITIONAL INFORMATION:

**Web:** [www.iwcommunitylearning.ac.uk](http://www.iwcommunitylearning.ac.uk)

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