



Community Education
 Witchford Village College
 Manor Road, Witchford, CB6 2JA
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Course Information

Yoga Beginners

This course offers you the opportunity to experience Yogic postures and breathing techniques to show how these traditional methods can help us towards achieving a more flexible body and a more relaxed mind. The postures progress from beginner level to more advanced, stretching and toning muscles and developing the individual awareness and understanding. Breathing methods and techniques brings a deeper understanding and awareness that can bring the mind, body and thought and emotions under control. It is advised to allow 2 hours between large meals and practice

Target Group	Anybody who is interested in experiencing Yoga for the first time	
Skills or entry qualification	No previous knowledge or experience is required.	
Programme area	8	
Venue	Sutton Pavilion	
Start Date	22 September 2010	
Day of the week	Wednesday	
Time	9.45 a.m. to 11.15 a.m.	
No. of Weeks	10	
No. of Terms	1	
Learning Outcomes	Tutor will demonstrate and talk through the different techniques for you to try at the class. You will be encouraged to practice at home when you have a sound understanding of basic posture with the aid of handouts to build towards a daily routine.	
How will your progress and success be monitored and recorded?	Your progress will be monitored on a weekly basis with yourself and the tutor. You will monitor your breathing and postures and discuss your findings with the tutor. By the end of the first 10-week course you will be more confident in both breathing and posture.	
Course Level	Mixed Ability	√
	Pre Entry	
	Level 1	
	Level 2 equivalent to 5 A-Cs GCSE or NVQ2	
	Level 3 equivalent GCE A Level	

Awarding Body	N/A	
External Assessment	By Exam	N/A
	By Coursework or Portfolio	N/A
Assessment fee	N/A	
Tuition Fee	£60	
Concessionary fee	£45	
Additional Costs	See Materials.	
Requirements for first class	You may wish to purchase a yoga or aerobic mat for comfort, but not essential	
Progression post achievement	This course is run for 10 weeks each term and you may continue for the whole year (30 weeks) if you wish. You may wish to attend more yoga classes at higher levels.	
What else will you have to do	We ask all students to complete an Enrolment form giving your details and it includes specific information for student monitoring by the Learning & Skills Council and is a requirement of entry to the course.	
How do we know if you are happy with your course	We will offer you the opportunity to complete an end of course evaluation, where you can let us have your feedback on the tuition and other elements of your course. We encourage your views as it enables us to improve the courses we offer. You may contact us at other times if you wish.	
What else do we ask of you?	We would like you to let us know if you are unable to turn up to a class or are having any long-term difficulties. We like to know if there is a problem.	
Equalities Statement	WVC operates an Equality of Opportunity policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have specific needs, which may affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so we building a learning community based on mutual respect and trust.	
Contact Us:	Email scook2@witchfordvillage.cambs.sch.uk Or telephone 01353 664468.	