

COURSE DESCRIPTION 2017-2018

Course: Introduction to Yoga	Awarding body: n/a
Tutor: Atma Kaur	Course length: 8 weeks

Course summary/aims:	The aim of this Yoga course is an introduction to those who have never tried or are new to Yoga. There will be a mixture of practical and information sessions that will give the student a better understanding of the basic history and philosophy of Yoga, diet and nutrition, basic postures (asana), breathing techniques (pranayama) and meditation. Paving the way for students to see real progress and change in their lives from week to week. Students will feel much more confident moving on to a general Hatha Yoga class. Handouts will be made available, and given out during the classes.
Course objectives:	<ol style="list-style-type: none"> 1. History and Philosophy 2. Yogic Lifestyles (diet, nutrition and relations) 3. Beginners Breathing Techniques (Pranayama) 4. Beginners Postures (Asana) 5. Beginners Meditation Techniques
Course content:	The underlying philosophy behind all yogic practices. Yogic lifestyle the science of daily living, including diet, exercise, nutrition, and relationships.
Teaching and learning methods:	Tutor-led and group discussions, practical sessions, handouts
Course level/entry requirements:	No prior experience is necessary but learners must complete a Health Form before starting the course. It is advisable to discuss any concerns with your doctor and tutor
How progress is checked during course:	Visual, verbal and written weekly feedback.
Extra study or practice required at home?	Practice at home is advised and will enhance the experience and effectiveness of the course
Formal course	No

accreditation? If yes, how is the course assessed?	
Materials you will need to bring to the course:	Note book and pen, blanket, cushion, water and yoga mat (mats can be supplied if you do not have your own). Wear comfortable and stretchy clothing.
What can I do next?	Consider pausing for three minutes per day, sit in a quite spot, place your hands on your belly and feel your breathing set a timer if need be. Commit yourself to being aware of your diet, breathing, movements, emotions and interactions with people throughout each day. Not trying to change anything simply being aware. These ten weeks will require you to be authentic and honest with yourself. I welcome you to begin this process now.

Information, Advice and Guidance sessions are available on request (it is best to make an appointment).

If you feel you may need some support eg. with English, Maths or ICT, please ask.

To get in touch, please call your local CLIP Learning Centre (see below) or email info@cliplearning.com

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