

COURSE DESCRIPTION 2017-2018

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| Course: Yoga for Improvers | Awarding body: N/A |
| Tutor: Atma Kaur | Course length: 8 weeks – 1.5 hrs per week |

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| Course summary/aims: | During this course you will develop on the yoga practice you started to learn on the beginner's course and it will encourage your confidence as a learner. |
| Course objectives: | <ol style="list-style-type: none"> 1. Build on Asanas (postures) from beginners course 2. Build on Pranayama (breathing techniques) from beginners course 3. Learn new meditation techniques 4. Develop a confidence and deepen your yoga practice 5. Understand the connection between the mind and body. |
| 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: | Some 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 |

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| Formal course accreditation? If yes, how is the course assessed? | N/A |
| 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 quiet 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. Continue practice at home or join a regular class. |

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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