



### Stretch & Relax with Yoga

#### What is the course about?

This is a beginner's course which will teach some basic simple postures, stretches, breathing and relaxation techniques. We will touch on the theory and philosophy behind the work. Postures can be adapted to suit the individual.

#### What will I learn?

An understanding of the principles of Yoga. Knowledge of Yoga postures, some simple breathing and relaxation techniques.

#### Entry Requirements

None

#### What will I need to bring with me?

Comfortable stretchy clothes and an empty stomach.

#### How will I learn?

You will learn by watching the tutor and practising.

#### How will my learning be assessed?

The tutor will observe and talk you about your progress.

#### What qualifications will I get?

None

#### Are there any extra costs?

No

#### What can I do next?

More yoga if you are interested.